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'I'm most thankful he's alive'

Baby shot in the head.

Mother of injured toddler recounts terrifying night

She always takes her son for a walk before bed. He likes the fresh air and the breeze. It cools him down. And on Monday night, temperatures were sweltering.

It was just before 10 p.m. when Dana Thomas and her sister set out around her Scarborough neighbourhood with 22-month-old Devontae Thomas in tow.

A friend from her church had suggested they stop by a neighbourhood barbecue.

"I heard it was a kids' barbecue, a family barbecue," Thomas says, sitting in her tidy apartment Wednesday.

It turned into a gun battle. At least two shooters left two people dead and 23 others with bullet wounds — including Devontae. The toddler now has a 10-centimetre scar and 10 metal staples in the back of his head.

If it weren't for an inch, the bullet that struck Devontae would have likely killed him.

"I'm most thankful he's alive and he's back to who he was," his mother says.

The trio hadn't been at the barbecue more than 20 minutes. Devontae, a happy child with squishy cheeks and big brown eyes, was getting hugs from a friend. Then, "pop, pop, pop, pop, pop, pop," says Thomas of the sound of the gunfire that tore through the night.

The women started sprinting down Danzig Street.

"I didn't look at the enemy, I just kept running," says Thomas, adding masses of other revellers were running too.

"I look to see if anyone got shot and I realize his head was bleeding."

Her son's blood dripped onto her feet and covered her shirt as she held him to her chest. "My heart dropped. I felt like I was going to lose myself," she says.

Frantic, the 21-year-old mother called 911.

But, in that moment, the conversation felt futile, she says. The operator was asking too many questions. Desperate, the mother couldn't wait for help to come to her.

"I was thinking, I'm going to lose my son," she says.

That's when Thomas flagged down a car, driven by two strangers just arriving at the barbecue. The men knew nothing of the shootings, but quickly ushered her into the back seat, Devontae crying, and began peeling out of the neighbourhood backwards, en route to the hospital, she says.

As the car was backing up, police cruisers cordoned them off and one officer pulled out his gun, says Thomas.

The mother — usually quiet, even shy — got out of the car, and ran to the police cruiser, directing her pleas to the officer wielding the gun. Her boy had been shot, she explained through sobs, showing them the blood.

Then, a new back seat. This time, sirens blazed as they raced to Centennial Hospital's emergency department, where doctors rushed to staunch the blood.

The bullet had grazed the back of the toddler's head. Devontae would be OK. No bones broken, no brain damage.

"Relieved," is how Thomas describes the feeling, if a word could do it justice.

TORSTAR NEWS SERVICE

FOR MORE COVERAGE ON THE MASS SHOOTING IN SCARBOROUGH, SEE PAGE 3

Devontae Thomas, 22 months old, is lucky to be alive after a bullet grazed his head during Monday night's shooting in Scarborough. VINCE TALOTTA/TORSTARNEWS SERVICE

Protesters tear-gassed in Cairo

Egyptian security forces push back several hundred protesters trying to storm the Syrian Embassy in the capital PAGE 8

'Snitch Lady' wants to help

A Scarborough single mom is using social media to try and encourage neighbours to share information with police — one of her Twitter handles is @Snitchlady PAGE 4

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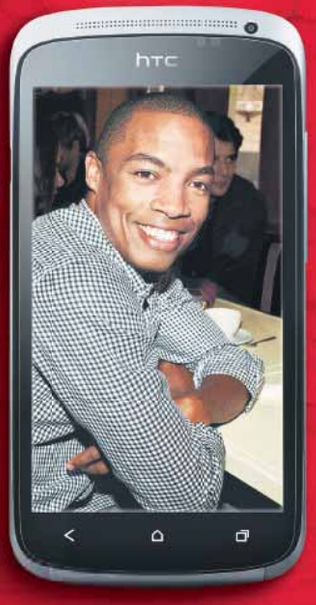

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Report card.
TTC fails on performance, says group

A transit advocacy group is giving the TTC a rough ride in its first report card released Tuesday. TTCriders, formed by members of environmental, labour and community organizations, ranked the TTC's performance over the past year.

The State-of-Public-Transit-in-Toronto report card says:

• TTC fares cover a higher percentage of operating costs than for any other North American system. Funding must come from other sources. Grade: Derailed.

• Transit expansion and how to fund it has been the subject of serious discussions since June. Grade: On track.

• TTC accessibility for disabled riders is taking too long to implement. Grade: Delayed.

• Service levels were cut in council's 2012 austerity budget, while fares were hiked. Grade: Derailed.

• Environmental benefits of public transit are known but the TTC doesn't publish reports to promote those benefits. Grade: Unknown.

TTCriders spokesman Franz Hartmann acknowledged that huge sums of cash are needed to modernize and expand what is widely acknowledged as a stunted, outdated system.

He called on Ottawa, the Ontario government and Toronto council to have an "adult conversation" about how to fund improvements. Torontonians are willing to pay higher taxes for a much-improved system, he said.

Work has started on the first of four provincially funded light rail lines, slated to be finished by 2020.

But the recent "OneCity" plan from TTC chair Karen Stintz and vice-chair Glenn De Baeremaeker, meant to dramatically expand the system funded through property taxes and potentially senior governments, crashed amid the kind of power struggles that have also included the Metrolinx agency. TORSTAR NEWS SERVICE

Another round for First Nations national chief

Shawn Atleo, centre, celebrates with his great aunts, from left, Gertrude Frank, Flossie Atleo and aunt Louise White, after being re-elected as national chief of the Assembly of First Nations in Toronto on Wednesday. It took three ballots of voting, whittling down the original field of eight candidates, for Atleo to claim the 60 per cent of the vote he needed for victory. MICHELLE SIU/THE CANADIAN PRESS

Ford to gangs: Get out and stay out

Consequence.
Mayor wants violent gangsters to do 'serious hard time' and never return

Continuing his tough talk in response to the shooting Monday night in Scarborough, Mayor Rob Ford called Wednesday for Toronto's gang members to leave the city.

Ford also said he will be meeting with Premier Dalton McGuinty on Monday to ask for more money for policing, not for social programs.

Speaking to CP24's Stephen LeDrew, Ford said his visit to the crime scene affected him deeply. "I want something to be done.' I want these people out of the city. And I'm not going to stop. Not put 'em in jail, then come back and you can live in the city. No. I want 'em out of the city..." Ford said.

Reaction

"It just tore my heart apart. And I just thought, this is not the city that we live in, this is — I was mad. More than upset, I was mad. I said, 'Enough's enough.'
Mayor Rob Ford

It was not clear if Ford meant that he wants legislative changes to prevent convicted gang members from returning.

Ford said he will ask Prime Minister Stephen Harper to lengthen sentences for gun offences. He said he will ask McGuinty for more funding for the Toronto Anti-Violence Intervention Strategy (TAVIS) police teams that target high-crime neighbourhoods.

McGuinty's government announced last year that it was giving another $10 million to TAVIS over two years, bringing the total to about $35 million since 2006. McGuinty suggested Tuesday that expiring funding for programs in Toronto's 13 "priority neighbourhoods" could now be extended, but Ford indicated Wednesday that he is not interested in the offer. "I don't really believe that handing out free money is a solution," Ford said.

Ford is a staunch law-and-order conservative, but his effort to cut the city's budget has resulted in a two-year police hiring freeze. Coun. Adam Vaughan, a Ford critic and former police board member, argued that the force would not be able to quickly make use of additional TAVIS funding. TORSTAR NEWS SERVICE

Statement

- Mayor Rob Ford's comments followed a strongly worded statement in which he called the shooters "idiot thugs" and said the city must "declare war" on gangs.
- That statement came hours after a crime scene media scrum in which he drew criticism for calmly calling the shooting "isolated" and urging residents to "move on and carry on with their life."

1 NEWS

On the web

Florida robbery reignites law debate

Florida's controversial "Stand Your Ground" law is back in the news after an elderly man brazenly shot and wounded two people during an attempted robbery at an Internet café. Go to metronews.ca to watch the shocking video.

Mobile news

A zoo in Ukraine is now home to a group of white lion cubs that can only be described as heart-meltingly cute. Scan the code to see photos of these cuddly predators eagerly awaiting feeding time.

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Paris. Toronto prof says he was assaulted for choice of eyewear at McDonald's

Steve Mann was wearing his digital eye glass and trying to eat his ranch wrap in the peace of augmediated reality when things got really strange at a Paris McDonald's.

Mann is a University of Toronto professor and inventor of the EyeTap. The device, worn in front of his eye, acts as a camera to record what his eye sees and can display computer information.

On July 1, Mann and his family stopped in at McDonald's on the Champs-Elysées. While they were eating their meal, Mann says an "erratic" person with a name tag on his belt approached and tried to pull the EyeTap off his head.

The alleged grab "loosened the ribbon cable on the spatial light modulator and made the laser go into my eye," he explained.

"It's kind of like a painful blast of light," he said.

But it didn't end there.

In what sounds like an informal quasi-judicial fast food tribunal, Mann said he was brought before two other people — one who was holding a broom and wearing a shirt with a McDonald's logo, and another who was seated at a table. The three men reviewed Mann's medical documentation before two of the men destroyed it, Mann said.

Steve Mann wearing his EyeTap device. SUPPLIED

They were speaking "Franglais" and "made reference to 'camera,'" Mann said.

Mann said he was then pushed out onto the street.

The computer recorded the encounter and those images are now posted on Mann's blog.

TORSTAR NEWS SERVICE

Mazza says gov't never told him Ornge was off course

The man at the centre of the Ornge scandal says he doesn't know what went wrong with the troubled air ambulance service, but the government never told him he was veering off course.

Ousted CEO Chris Mazza says the Ministry of Health was fully informed about what he was doing at the taxpayer-funded organization, which is now under a criminal probe for financial irregularities.

"At no point did we become a rogue organization," he said with his lawyer by his side.

And if Health Minister Deb Matthews had told him to change direction, his response would have been "Yes ma'am," Mazza said.

His testimony flies in the face of the government's version of events. Matthews testified that executives misled her and she had no control over Ornge because her hands were tied by a poorly structured performance agreement. THE CANADIAN PRESS

Dr. Chris Mazza's girlfriend, Kelly Long, comforts him after his committee testimony. DALE BRAZAO/TORSTAR NEWS SERVICE

Meet 'Snitch Lady'— the T.O. crime fighter

Advocate. Woman has over 200,000 combined followers on Twitter and often gets crime info from cops even before the media

SARAH TAGUIAM
toronto@metronews.ca

Kemi Omololu-Olunloyo was in the middle of cooking on Tuesday when she checked her Twitter feed and saw news of a shooting at Eglinton Flatts, a block away from her house.

"Another one in just two nights, I couldn't believe it," said the 48-year-old single mother of five. "We haven't had a homicide here for 15 months."

Dropping everything, Omololu-Olunloyo instinctively grabbed her Crime Stoppers cards and raced to the murder scene.

With no visible officers in sight, she started handing out the cards, which contain Crime Stoppers information, to soccer players across the field and left them on doors of nearby highrises and cars, urging people to share information that can potentially solve crimes.

Ever since her arrival in Canada from the U.S. in 2007, Omololu-Olunloyo, better known by her social media nickname Snitch Lady, has been actively supplying police with crime tips and has acted as a liaison to families of murder victims.

Through her Twitter (@Snitchlady and @Hiphossip) and Facebook pages (What About Our Sons?), she encourages witnesses to "snitch" to assist homicide squads in solving the murders of young black males and females in Toronto. She has more than 200,000 followers combined on her social media sites.

On the night of Monday's Scarborough shooting, Omololu-Olunloyo was one of the first people to post the address of where the crime was happening and updated the victim count online. She said members of the Toronto police often provide her with information on crimes as they are happening, before the media even gets the news.

Omololu-Olunloyo is one of the city's most visible anti-crime advocates, and with Toronto's fatality count rising, Toronto Police spokesperson Const. Victor Kwong called on community members to come forward with information.

"We have received a lot of help … but we know there's a lot more people out there who haven't come up," Kwong said in an interview with Metro. "We appreciate it, but we're looking for more."

Some Torontonians are calling this year "Summer of the Gun II." With three dead, and 23 injured from shootings on Monday and Tuesday night, the city has reached 20 shooting deaths in 2012, equaling the number of casualties from all of 2005.

In response to the incidents, Toronto police set up a portal on its website where anyone can upload photos or videos about the crimes.

According to Kwong, they have also heightened enforcement and manpower to areas identified in the investigation and continue to work with the Community Police Liaison Committee, of which Omololu-Olunloyo is a member.

Toronto anti-crime advocate Kemi Omololu-Olunloyo stands with Toronto Police spokesperson Const. Tony Vella, who's holding a poster of 2010's gun violence victims in this file photo. HANDOUT/WHAT ABOUT OUR SONS?

Quoted

"I want to mobilize the community, and that means you have to get them to start doing things themselves, because … you can't forget the face of the dead"

Kemi Omololu-Olunloyo, aka Snitch Lady

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Program helps feed hungry youth when school's out for summer

36,000 meals. Feeding Our Future provides lunches to 17 camps around the city so that kids don't miss out on a nutritious meal

MELISSA REBER
toronto@metronews.ca

Summer is not a picnic for one million Canadian children. When school ends in June, it means their source for a nutritious lunch vanishes.

The Sodexo Foundation wants to raise awareness of that harrowing statistic and hopes their Feeding Our Future program will have an impact. For 12 years they've been partnering with organizations across Canada, like Second Harvest in Toronto, to provide lunches for children in need.

Jo-Anne Sobie, the executive director for Second Harvest, says the program is essential for many children who normally access meal programs during the school year and don't have the same opportunity over the summer.

"This program offers lunches to over 17 camps in the Toronto area. Altogether we provide 36,000 meals during the eight weeks of the program. We try to ensure that the kids in Toronto are not going hungry over the summer," said Sobie.

The foundation celebrated this year's summer initiative Wednesday with the Feeding Our Future BBQ at Lord Dufferin Public School.

Two hundred and fifty children from camps across Toronto got to enjoy a barbecue lunch and cupcake decorating competition. They also spent the afternoon playing basketball and hockey at the Raptors and Maple Leafs Mobile Fan Zones.

The kids were especially excited to see both teams' mascots. They cheered as Raptor flipped them around in the air and showed off his handstands. Carlton the Bear got big laughs for his tail-wiggling antics.

Quoted

"If you've got an athletic child, they need to have the proper fuel to get them going."

Greg Schell, hockey development coordinator for the Toronto Maple Leafs

Greg Schell, hockey development coordinator for the Toronto Maple Leafs, knows the importance of providing active children with food.

"If you've got an athletic child, they need to have the proper fuel to get them going. We need to make sure these kids are eating regularly so that they are well-focused, well-hydrated and well-fueled, and are able to perform at their highest level. That's why we've decided to partner with this program," said Schell.

More information about the program can be found at sodexofoundtion.org and secondharvest.ca.

Children at the Feeding Our Future BBQ on Wednesday learn how to dribble a basketball from coach Omari Wiltshire, upper right, of the Raptors community relations team. MELISSA REBER/FOR METRO

Rose Brown and John Sanders walk their dogs near an empty lot at Yonge Street and Wellesley Street West that may become a park. TORSTAR NEWS SERVICE

Park needed more than condos, councillor says

The stage is set for a battle between the City of Toronto and private developers over a prime two-acre piece of provincial land at Yonge Street and Wellesley Street West.

Area councillor Kristyn Wong-Tam, Toronto centre MPP Glen Murray and city staff may bring a new park to the bustling area — but only if they can persuade the province that trees trump profits. The land, located just west of Yonge Street and south of Wellesley Street West, is up for sale to the public, meaning the city will be competing against developers with deep pockets.

"If the province is only interested in cold hard cash, if that's their bottom-line in terms of what they need out of the transaction, it'll be very difficult for the city to compete, because our perspective is different from developers," she said.

"What we really lack is parks and green space," said Norm Waite, president of the local Bay Cloverhill Community Association. "One of our concerns is that there are an increasing number of families with children who move into downtown, and parks are important for kids, important for seniors and so on." TORSTAR NEWS SERVICE

Quoted

"One of our concerns is that there are an increasing number of families with children who move into downtown, and parks are important for kids, important for seniors and so on." Norm Waite, president, Bay Cloverhill Community Association

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- Cloverdale Mall
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LINDSAY
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- Whitney Town Centre

MARKHAM
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MILTON
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MISSISSAUGA
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- Erin Mills Town Centre
- Heartland Power Centre
- Sheridan Centre
- Square One Shopping Centre
- Square One Shopping Centre – Kiosk
- Westgate SmartCentres

NEWMARKET
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OAKVILLE
- Hampshire Gate at Dundas
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- Eaton Centre II
- Eglinton Square
- Gerrard Square
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Tear gas fired

Protesters storm Syria's embassy in Cairo, 14 arrested

Egyptian security forces have fired tear gas to push back several hundred protesters storming the Syrian Embassy in Cairo and attempting to raise the green-striped flag of Syria's rebels. A security official said 14 people were detained. Cairo is home to a large community of Syrian opposition figures, who have set up a tent in Tahrir Square, the epicentre of Egypt's own protests.

In January, activists protested outside the Syrian Embassy and stormed it, tearing down the Syrian flag.

THE ASSOCIATED PRESS

On the run

Facebook apology helped police nab kidnapper

The man who admitted kidnapping a three-year-old British Columbia boy before returning him unharmed four days later took to Facebook to apologize while he was on the run, his sentencing hearing was told Wednesday. This allowed police to zero in on him, the hearing heard.

Randall Hopley, 46, has pleaded guilty to abducting Kienan Hebert from the boy's home in Sparwood, B.C. last September.

The boy was returned unharmed four days later and Hopley was arrested several days after that.

THE CANADIAN PRESS

Residents objected

Judge helps mosque meet Ramadan date

A federal judge Wednesday ordered a county in Tennessee to move ahead with opening a Muslim congregation's newly built mosque after a two-year fight from opponents.

The Islamic Center of Murfreesboro sued Rutherford County and asked District Judge Todd Campbell for an emergency order to let worshippers into the building before the holy month of Ramadan starts at sundown Thursday.

The contentious fight over the mosque stems from a 2010 lawsuit filed by residents who claimed Islam is not a real religion.

THE ASSOCIATED PRESS

Daring bomb attack kills top Syrians

High-level meeting blasted. Mystery over Assad's whereabouts as ministers killed by rebels strike at heart of the regime

A bomb ripped through a high-level security crisis meeting in Damascus, Syria, on Wednesday, killing three top regime ministers — including President Bashar Assad's brother-in-law.

It was the rebels' boldest attack yet in the country's civil war.

The Assad family has ruled Syria for four decades, creating an ironclad and impenetrable regime. Wednesday's attack was an unheard-of strike on the inner circle.

Syria's rebel commander, Riad al-Asaad, claimed responsibility, saying his forces planted a bomb in the room and detonated it.

All those involved in the attack are safe, he said.

"God willing, this is the beginning of the end of the regime," al-Asaad said in a telephone interview from his base in neighbouring Turkey.

"Hopefully Bashar will be next," he added.

The whereabouts of Assad, his wife and his three young children were not immediately clear.

Syrian TV confirmed the death of Defence Minister Dawoud Rajha, 65, a former army general and the most senior government official to be killed in the rebels' battle to oust Assad.

Also killed was Gen. Assef Shawkat, the deputy defence minister who is married to Assad's elder sister, Bushra.

Syrian TV said Gen. Fahd Jassem al-Freij had been named the new defence minister. Al-Freij used to be the army chief of staff.

THE ASSOCIATED PRESS

The heat is on in race to save homes from fires

It's a desperate race against time to save houses. A helicopter drops water over a wildfire near Patras, Greece, on Wednesday. Officials declared an emergency in all southwestern Greece as wildfires threatened villages and homes. Nine planes and one helicopter were involved in the firefighting effort. The flames were fuelled by high winds and 40 C heat.

GIANNIS ANDROUTSOPOULOS/ THE ASSOCIATED PRESS

Bus blast. Israel blames Iran, warns of retaliation

Angry Israel blamed Iran after a bus carrying Israeli teens exploded Wednesday in a Bulgarian resort.

Israeli Prime Minister Benjamin Netanyahu called it "an Iranian terror attack" and promised a tough response.

At least four people were killed and more than two dozen wounded in the blast in Burgas.

The bombing was the latest in a series of attacks on Jews attributed to Iran.

THE ASSOCIATED PRESS

Killer virus. Cambodia shuts schools as kids die

Cambodia is closing all kindergartens and primary schools to try to stop the spread of a virus that has killed hundreds of kids around Asia.

More than 2,700 kindergartens and 7,000 schools closed Wednesday because of enterovirus 71 strain, or EV-71. Victims suffer high fever, brain swelling, paralysis and respiratory shutdown.

Almost 60 Cambodian children have died recently.

THE ASSOCIATED PRESS

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So *that's* why they're called hydrants

People play in water from an open fire hydrant during the afternoon heat, Wednesday, in Philadelphia. Temperatures were expected to reach into the high 30s on Wednesday.

MATT ROURKE/THE ASSOCIATED PRESS

No such thing as a free water

Vienna. Restaurants do away with tradition and charge for tap

In Vienna's legendary coffeehouse tradition, a free glass of tap water with your coffee has been a cherished part of everyday life.

Now many Viennese are up in arms over a movement by restaurateurs to start charging for tap.

It amounts to cultural sacrilege in a city where delicious tap water — fed by Alpine springs — is seen as a birthright, and part of the whole experience of lounging in centuries-old cafés or savouring young wine at one of the Austrian capital's many leafy outdoor eateries.

For now, payment is voluntary, with 11 restaurants participating in a charity campaign meant to collect funds for clean water-starved Sierra Leone. But the establishments pocket half the water fee and prominent restaurateurs are starting to lobby for an obligatory tap-water charge, unrelated to aid for Africa, just as the charity program has begun.

Many Viennese suspect that the Sierra Leone campaign and industry calls to charge for water cannot be pure coincidence. Some see a cynical ploy to take advantage of charitable feeling for extra profit.

Vienna takes pride both in its water quality and its restaurant service.

THE ASSOCIATED PRESS

Surprise. Man nearly fined for Kinder Eggs

A U.S. man who was detained at the border while returning home from Vancouver because he was carrying chocolate Kinder Eggs says the American law banning the treats should be eradicated.

Chris Sweeney and his husband Brandon Loo of Seattle were on their way back to Seattle after a recent trip to Vancouver, when American border guards told them that six Kinder Eggs in the trunk of their car are illegal in the United States.

The popular German chocolate eggs, which contain small plastic toys inside, are considered a choking hazard in the U.S.

Sweeney says a border guard told them they could be fined $2,500 per egg, and then ordered them to head to a detention centre, where they sat for more than two hours.

But after waiting and worrying about the possibility of a hefty fine, Sweeney says border staff inside the detention centre brushed off the offence and merely told them to never bring Kinder Eggs across the border again. Sweeney says the ordeal was a waste of time, especially because the contraband treats weren't even confiscated.

Fine

$2,500

A border guard told Chris Sweeney and his husband that they could be fined $2,500 per Kinder Egg

THE CANADIAN PRESS

Sexual harassment. Case against judge gets weirder

The man who filed a sexual-harassment complaint against a Manitoba judge is being accused of having sex with another woman for money.

Alexander Chapman is in his third day of testimony at an inquiry into Lori Douglas, who he says harassed him in 2003 when she was a lawyer.

The judge's lawyer has produced excerpts from Chapman's diary from that same year.

In the diary, Chapman writes about getting paid $500 a week by a neighbour to "do" his neighbour's wife. Chapman also wrote that his neighbour was to walk in on them, and Chapman would walk out and be paid later.

Chapman denies the diary entries were about sex — he says he was being paid $500 a week to teach his neighbour's wife computer skills.

"You've given an account to this (inquiry) panel which I'm going to suggest to you is false," Sheila Block, Douglas's lawyer, told Chapman.

"That's not right," Chapman said.

"It's your diary," Block fired back. THE CANADIAN PRESS

The sordid details

Alex Chapman has claimed that Jack King, husband to Judge Douglas, had propositioned him to have sex with Douglas. King was Chapman's divorce lawyer.

Attempted murder

Man shoots son over karaoke

A California man is accused of shooting his 50-year-old son because he didn't like his country karaoke singing. A Shasta County judge on Tuesday ordered the 70-year-old to stand trial on attempted murder and assault charges in the January shooting. THE ASSOCIATED PRESS

Alberta

Politician regrets landslide joke

Alberta's deputy premier says he's sorry for joking about a landslide in B.C. that stranded hundreds of campers. Thomas Lukaszuk joked on Facebook: "Fairmont in Hot Springs has a good deal on rooms today. If a little bit of mud doesn't bother you, book now!" THE CANADIAN PRESS

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Germany. Threatened by militant Islamists, far-right groups: Report

Germany faces a growing threat from militant Islamists and far-right fringe groups, including small extremist cells and lone wolf operators, top security officials said Wednesday.

A report by Germany's domestic intelligence agency puts the number of Salafi Muslims in the country at 3,800 last year, with a small number of those prepared to use violence to achieve their aims.

It is the first time the agency has counted the number of German-based Salafists, a religious movement that adheres to a strict interpretation of Islam and which has attracted young Muslims as well as recent converts.

The wider number of Muslims with extremist views is estimated at more than 38,000, according to the report.

THE ASSOCIATED PRESS

Biggest concern

"Our focus remains on Islamist terrorism," Heinz Fromm, head of the Federal Office for the Protection of the Constitution, told reporters in Berlin. "This is where the main threat currently comes from."

Ukraine

Homophobic violence rises

Homophobic sentiment and violence against Ukraine's gay community are on the rise despite increasing efforts to promote tolerance in the conservative ex-Communist nation, advocacy groups said Wednesday.

The community was forced to cancel its first ever gay pride parade in the capital, Kyiv, in May due to concerns activists would be physically attacked by radicals.

After the cancellation, two gay leaders were violently beaten.

THE ASSOCIATED PRESS

Hungarian man charged with Holocaust war crimes

Alleged Hungarian war criminal Laszlo Csatary leaves the Budapest Prosecutor's Office after he was questioned. BEA KALLOS/THE ASSOCIATED PRESS

Laszlo Csatary. Was alleged chief of an internment camp at Kosice, from where 12,000 Jews were deported to Nazi death camps

A 97-year-old Hungarian man suspected of abusing Jews and helping deport thousands of Jews during the Holocaust was taken into custody Wednesday, questioned and charged with war crimes, prosecutors said.

The case of Laszlo Csatary was brought to the attention of Hungarian authorities last year by the Simon Wiesenthal Center, a Jewish organization active in hunting down Nazis who have yet to be brought to justice. In April, Csatary topped the organization's list of most-wanted Nazi war criminals.

Prosecutors decided to charge Csatary with the "unlawful torture of human beings," a war crime that carries a maximum sentence of life in prison.

Csatary's lawyer, Gabor Horvath B., said that a judge, acting on a request from prosecutors, ordered his client to be confined to house arrest for a maximum of 30 days. Horvath B. said he had appealed the ruling, which also opened the way for authorities to confiscate Csatary's passport.

In May 1944, Csatary was named chief of an internment camp at a Kosice brick factory from where 12,000 Jews were deported to death camps.

He was once a Canadian citizen living in Montreal but his citizenship was revoked in 1997. Csatary was convicted in absentia for war crimes in Czechoslovakia in 1948. THE ASSOCIATED PRESS

Simon Wiesenthal Center

"Think of a man who at the height of his physical powers devoted all his energy to murdering (innocent people)..."

Efraim Zuroff, the Wiesenthal Center

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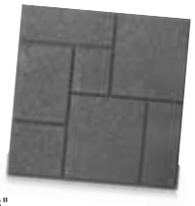

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Birth defects. Australian woman wins millions in Thalidomide lawsuit

An Australian woman born without arms and legs after her pregnant mother took the anti-morning-sickness drug Thalidomide has reached a multimillion-dollar settlement with the medicine's British distributor, her lawyer told a court Wednesday. The German maker of the drug refused to settle.

Lynette Rowe, 50, of Melbourne, is leading a class-action suit on behalf of children born with congenital birth defects linked to Thalidomide. The drug was given to pregnant women in the 1950s and 1960s as a treatment for morning sickness, but was yanked from the market in 1961 after it was linked to birth defects.

Rowe sued three parties: German drugmaker Grunenthal, U.K.-based Distillers Company (Biochemicals) Ltd. — which sold the drug in Australia — and Diageo Scotland Ltd., the successor company to Distillers.

In court on Wednesday, Rowe's lawyer, Peter Gordon, said his client had reached a settlement with Diageo and Distillers while Grunenthal declined to settle.

Exact terms of the settlement were confidential, but Rowe's lawyers said it was several million dollars. The lawsuit asked for compensation for the victims' pain and suffering, lost wages, and future medical care. THE ASSOCIATED PRESS

Human-rights tribunal

B&B ordered to pay for refusing room to gay pair

The owners of a now-closed Christian bed-and-breakfast in British Columbia must pay more than $4,000 for refusing a room to a gay couple. Brian Thomas and Shaun Eadie had booked a room at the Riverbend Bed and Breakfast in Grand Forks in June 2009. But their reservation was cancelled shortly after the establishment's owners, Susan and Les Molnar, realized the two men were together. THE CANADIAN PRESS

South Africa celebrates Mandela's 94th birthday

Two women walk past a mural designed to celebrate former South African president Nelson Mandela's 94th birthday, in Johannesburg on Tuesday.
THEMBA HADEBE/THE ASSOCIATED PRESS

Respect. Divided nation comes together to pay tribute to former leader in song and good deeds

A nation divided between black and white, rich and poor, came together Wednesday to honour Nelson Mandela, the deeply loved statesman who helped bring freedom to South Africa. The good deeds done on Mandela's 94th birthday ranged from building houses to performing free eye-cataract operations.

Education officials estimated nearly 12-million children kicked off celebrations in the morning with resounding "Happy Birthday" choruses in schools from well-funded private institutions to barely furnished rooms in villages.

Millions more South Africans joined in from offices, buses, train stations and Mandela Square, set amid the plush skyscrapers and exclusive boutiques of Johannesburg's Sandton City.

Mandela spent the day quietly with family and friends in southeastern Qunu village, according to Sello Hatang, a spokesman for the Nelson Mandela Foundation. An AP Television cameraman caught the venerated leader with a champagne flute in his hand, flanked by his wife, Graca Machel, and former wife Winnie Madikizela-Mandela, before a ribboned two-tiered birthday cake.

Communities in South Africa dedicated 67 minutes of the day to volunteer work and projects for the needy — one minute to mark each of Mandela's 67 years in public service. THE ASSOCIATED PRESS

Appreciating an icon

"Mr. Mandela taught us to love ourselves, to love one another and to love our country."

Archbishop Emeritus Desmond Tutu, on former South African leader Nelson Mandela

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STOP HAIR LOSS

Introducing the new BIO-FEN® PLUS for MEN and for WOMEN

Hair Grow Technology's Bio-Fen® product line is continually moving forward! We are introducing our two latest versions; **Bio-Fen® Plus for Men** and **Bio-Fen® Plus for Women**. These products have been assigned Natural Product Numbers (NPN's) by Health Canada.

We recognize that both men and women experience androgenic alopecia (AGA, or male / female pattern baldness) and have made some improvements to the original formulation based on the latest science to address their specific needs. You will notice that we now have additional complementary (Health Canada Approved) health claims on each product.

How does Bio-Fen® PLUS work?

We are bringing you two new products with **double** the number of capsules and **triple** the number of health claims for men and **four times** the number of health claims for women.

As in the previous formulation, the fenugreek seed extract in both new formulas reduces excess blood lipid levels (hyperlipidemia). Fenugreek contains β-sitosterol, an active plant sterol, which has been shown to inhibit 5-alpha-reductase activity – the enzyme responsible for converting excess testosterone to *DHT* (which is the primary molecule that causes hair loss). The SDG (secoisolariciresinol diglucoside) from flax lignans in both formulas also decreases excess cholesterol - the building block of testosterone. Based on new research on the rate of metabolism of SDG in flax lignans (8-12 hours on average), the dosage in both products has been revised from once a day to twice a day for optimum results.

Twice the Strength! Twice the Power!

Bio-Fen® Plus for Men:

As before, the saw palmetto extract inhibits the enzyme 5-alpha reductase, and this action slows down the conversion of testosterone to dihydrotestosterone (or DHT) – the overabundance of which causes the miniaturization of hair follicles. This activity of the saw palmetto also helps to relieve the urinary symptoms of mild to moderate BPH for men.

The saw palmetto that originally was an extract standardized to 45% free fatty acids, esters, and sterols while the new formula is a 4:1 extract to support the BPH claim. The product still contains these molecules for hair loss, but they are now at proprietary amounts based on our research so that the competition cannot duplicate our formula.

Bio-Fen® Plus for Men will also help to:

- ***Relieve the urologic symptoms associated with mild to moderate benign prostatic hyperplasia - BPH (e.g. weak urine flow, incomplete voiding, frequent daytime and night time urination).***
- ***Reduce elevated blood lipid levels / hyperlipidemia.***

#1 SELLING IN CANADA

Bio-Fen® Plus for Women

The women's formula is almost the same as the men's formula. The mechanisms and results for the women formula is the same. The only difference is it contains silicon and iron instead of saw palmetto. Silicon has been shown to contribute to hair shaft strength and thus healthy hair growth. It also contains iron which helps prevent iron deficiency. A number of studies have related sub-clinical iron deficiency in women to diffuse hair loss/alopecia.

The increased amount of SDG and other revisions to the regulations allow us to make some additional health claims for *Bio-Fen® Plus for Women*.

Bio-Fen® Plus for Women will also help to:

- ***Reduce elevated blood lipid levels/hyperlipidemia***
- ***Prevent iron deficiency.***
- ***Metabolize carbohydrates, fats and proteins.***

How long must I use Bio-Fen® Plus?

Bio-Fen® Plus for Men capsules are usually effective at stopping hair loss within the first two months. However, since healthy hair grows only about 1 cm each month, it may take up to three months before you notice that hair growth is increased or the rate of hair loss is decreased. Anyone experiencing new growth should see it within four months. In some people the original pigmentation may come back. Once you stop completely your hair growth pattern will slowly go back to the point where you started. However, some people may be able to go with a lower maintenance dose.

What is the quality of Bio-Fen® Plus for Men?

Bio-Fen® Plus for Men is manufactured in Canada according to quality assurance specifications called Good Manufacturing Practices (GMP). This ensures that the ingredients are tested for their level of quality, potency & purity, prior to production and the finished product prior to sale.

Hair Grow Technology (Bio-Fen® Plus) is a progressive company - we continually seek out the latest research on bioactive ingredients, and on regulatory updates in the natural health products industry.

See our website to locate your nearest store that carries *Bio-Fen® Plus.*

www.biofen.com

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Craigslist. Man charged with posting classified ad asking men to rape wife

An Idaho man is charged with soliciting men to rape his wife through a posting in the "casual encounters" section of Craigslist.

The 32-year-old Twin Falls man was arraigned Monday on charges of solicitation of rape and burglary. His bail was set at $100,000 US.

Prosecutors say that without his wife's knowledge or consent, the man posted a classified ad posing as a woman who fantasized about being raped, and then exchanged emails with the men who responded to arrange the assaults.

Twin Falls police were called to the woman's house shortly after midnight Thursday and again Saturday afternoon to reports that two different men had broken into the home.

The woman told police a man rang the doorbell early Friday, asked her name and then said: "I'm here for you," before forcing his way into the house.

The woman said the man chased her through the house. She went into the bedroom to grab a nine-mm gun, but the man grabbed the weapon. The gun went off during the struggle. No one was injured, but she said the man fled.

The woman also fired a shot Saturday and held the uninjured man at gunpoint until police arrived, court records said. Investigators said the second man told police he was responding to a Craigslist ad, and that the person posting the ad told him she wanted to be forcibly raped as that was a fantasy of hers.

The police report said several emails were exchanged between the man and the person who posted the ad. The man was then given the address.

"He was told to force his way inside and rape the woman there and not stop no matter how much she resisted," the report said. THE ASSOCIATED PRESS

Prior case

- The allegations are similar to a case two years ago in which a man was convicted of using a "rape fantasy" posting on Craigslist to arrange an attack on his ex-girlfriend in Wyoming.

Colombia. Authorities retake ground in battle with Nasa Indians

Colombian authorities say they've retaken a strategic hill in the country's turbulent southwest from Nasa Indians who had forcibly dislodged soldiers.

The action early Wednesday by a squad of riot police came a day after Indians armed with clubs and rocks dragged six soldiers off the hilltop.

Members of the 115,000-strong Nasa tribe are insisting the military and leftist rebels leave their traditional lands. They say they are tired of being caught in the crossfire of Colombia's long-running conflict.

The government rejects the demand, and President Juan Manuel Santos tweeted Wednesday that Indians will not be allowed on military bases. His defence minister and military allege rebels have infiltrated the Indians' ranks.

The region is a corridor for cocaine smuggling and locals also cultivate high-grade marijuana. THE ASSOCIATED PRESS

Protesters challenge riot police during a demonstration Wednesday to demand the military withdraw from native lands in Caloto, southern Colombia. JUAN BAUTISTA DIAZ/THE ASSOCIATED PRESS

Death row. Man to be first Texas inmate killed with a single lethal drug

A 33-year-old man convicted of carjacking and fatally shooting a stockbroker will head to the Texas death chamber Wednesday, becoming the first person in the state executed with a single lethal drug.

Texas Department of Criminal Justice officials announced last week they were modifying a three-drug execution procedure used since 1982 because the state's supply of one of the drugs — the muscle relaxant pancuronium bromide — has expired. Yokamon Hearn is to be executed using a single dose of the sedative pentobarbital.

Hearn was sentenced to death in the March 1998 slaying of Frank Meziere, 23. Shortly before Hearn's execution, set for Wednesday evening in Huntsville, the U.S. Supreme Court rejected appeals to halt it. None of the appeals addressed the change in the state's execution drug policy. THE ASSOCIATED PRESS

Other states

- Ohio, Arizona, Idaho and Washington have already adopted a single-drug procedure.

Mali

Rebels release three hostages

Islamist rebels in north Mali on Wednesday released an Italian and two Spanish hostages who had been held since October, a spokesman with an allied group said. THE ASSOCIATED PRESS

Iran

New issues cloud nuclear talks

Announcements bouncing between Tehran and Washington show new issues are piling up even as Western envoys try to find a path to move nuclear talks forward. THE ASSOCIATED PRESS

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In this 2009 file photo, Pauline Kadjuk, then one years old, is carried in an Amautik parka by her mother Brittany Ikulik at the Northern store in the small town of Baker Lake, Nunavut. NATHAN DENETTE/THE CANADIAN PRESS

Inuit kids face high risk of death: Report

Nunangat. Statistics point to one of the biggest public-health problems of the North, experts say

A new study paints a bleak picture of life — and death — among children and teenagers living in the Inuit Nunangat, the four Arctic regions that make up the Inuit homelands.

Children and teens growing up in the Nunangat are roughly five times more likely to die than their counterparts in the rest of Canada.

They are 11 times more likely to succumb to an infectious or parasitic disease and twice as likely to be killed by a non-communicable one. Their risk of dying from an injury is nearly 11 times higher than children and teenagers in the rest of the country.

But the biggest driver behind the staggeringly higher death rate among Inuit children and teens is suicide.

The report, from Statistics Canada's health analysis division, found that the suicide rate among children and teens in the Inuit homelands was 30 times that of youth in the rest of Canada during the four-year period from 2004 to 2008.

In fact, at a time when the youth suicide rate was declining in the rest of Canada, it was climbing in the Inuit Nunangat, the report shows.

A researcher who has spent years studying the problem of suicide among the people of the Canadian Arctic said the statistics point to one of the biggest public-health problems of the North.

"It's huge. It's absolutely huge. There's no way to downplay the impact that suicide has on life here. And it's a big priority of many people — including the (Nunavut) government and the Inuit organization NTI — to make a difference," Jack Hicks said in an interview from Iqaluit.

"Imagine if Prince Edward Island or Saskatchewan over the course of a generation ... suddenly had their youth suicide rate rise to 30 times the national average. What would that do to the society?"

THE CANADIAN PRESS

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Finally, some good news on AIDS: Deaths, infections down, UN says

On eve of landmark AIDS summit. It's a new era for treatment and for prevention, says optimistic top disease fighter

An AIDS-free generation. It seems an audacious goal, but that's the aim of counsellors such as Natrussa Williams, right, who's explaining how an oral HIV test works to a 26-year-old woman in Washington, D.C., last month.

JACQUELYN MARTIN/THE ASSOCIATED PRESS

A jubilant United Nations report pointed Wednesday to an optimistic new era in the battle against AIDS.

A push to get more AIDS treatment to the world's poorest and hardest-hit countries is paying off, the UN revealed.

Deaths are inching down — and new infections are dropping a bit, too.

"I personally believe it is a new era, new era for treatment, new era for prevention," said Michel Sidibe, executive director of UNAIDS, the Joint United Nations Program on HIV and AIDS.

The UNAIDS report found there were 1.7 million deaths from the virus last year, down from 1.8 million.

Better, the new data show 2.5 million people became infected with HIV last year — 100,000 fewer than in 2010.

New infections have fallen by nearly 20 per cent worldwide in the past decade.

Perhaps most encouraging is the steady drop in new infections in children, mostly due to treating HIV-infected pregnant women so they don't pass the virus to their babies.

About 330,000 children became infected in 2011, almost half the number that were being infected at the epidemic's peak in 2003.

Nevertheless, some 34.2 million people worldwide were living with the AIDS virus at the end last year, a slight rise from the previous year as better treatment helps patients live longer.

Most of them live in low- and middle-income countries, where a record eight million people received life-saving drugs last year, the report found.

That's up from 6.6 million in 2010, and puts the world on track to meet a UN goal of having 15 million people in those hard-hit regions on treatment by 2015.

The report comes days before the world's largest AIDS conference opens in Washington, D.C., with the goal of finally "turning the tide" on the epidemic.

More than 20,000 international HIV researchers and AIDS activists will gather there with a sense of optimism that has not been seen in many years.

THE ASSOCIATED PRESS

Surging hope

Better medical care cutting death rates in the Caribbean

The United Nations says the number of AIDS-related deaths in the Caribbean has dropped significantly in the past decade.

The reduction is thanks to the increased availability of anti-retroviral drugs and improved access to medical care.

The UNAIDS office in Trinidad says doctors recorded about 10,000 deaths across the Caribbean last year, about half the number a decade ago.

Officials said 13,000 new infections were reported in the Caribbean last year.

THE ASSOCIATED PRESS

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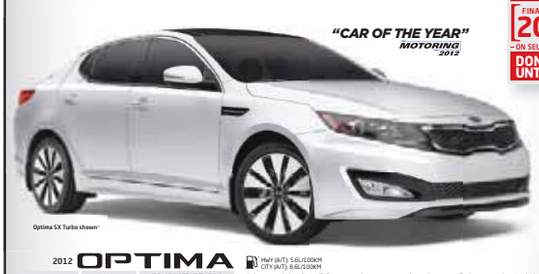
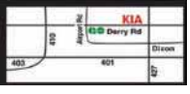
$500 gas card with every purchase.
FINANCING ON 2012 –ON SELECT MODELS– DON'T PAY UNTIL FALL*


Optima SX Turbo shown*
2012 OPTIMA
$0 DOWN | AT 0% APR** | OWN IT FROM $127* BI-WEEKLY
HWY (A/T) 5.6L/100KM CITY (A/T) 8.6L/100KM
bi-weekly for 60 months, amortized over 84 months with a $0 DOWN PAYMENT. $6,595 remaining balance. Offer includes delivery, destination and fees of $1,589 and $500 competitive bonus.‡‡ BASED ON A PURCHASE PRICE OF $23,584. Offer based on Optima LX MT.
ALSO AVAILABLE: $1,000 ECO-CREDIT ON HYBRID MODEL*
2012 SOUL
OWN IT FROM $124 BI-WEEKLY | AT 0% APR** | FOR UP TO 60 MONTHS

Soul 4u Luxury shown*
HWY (M/T) 5.6L/100KM CITY (M/T) 7.4L/100KM
bi-weekly for 60 months with a $1,750 down payment. Offer includes delivery, destination and fees of $1,684 and $500 LOAN SAVINGS‡. BASED ON A PURCHASE PRICE OF $18,379. Offer based on Soul 1.6L MT.
2012 FORTE SEDAN
OWN IT FROM $84* BI-+ | AT 1.49% APR | FOR UP TO 60 MONTHS

Forte SX shown*
HWY (A/T) 5.5L/100KM CITY (A/T) 8.0L/100KM
bi-weekly for 60 months, amortized over 84 months with an $800 down payment. $4,279 remaining balance. Offer includes delivery, destination and fees of $1,489, $1,500 LOAN SAVINGS‡ and $750 Loyalty Bonus‡. BASED ON A PURCHASE PRICE OF $17,484. Offer based on Forte LX MT.
5 WE'VE GOT YOU COVERED *5-year/100,000 km worry-free comprehensive warranty.
$500 Grad Return OFFER ENDS JULY 31, 2012
KIA The Power to Surprise
OFFER(S) AVAILABLE ON SELECT NEW 2012/2013 MODELS THROUGH PARTICIPATING DEALERS TO QUALIFIED CUSTOMERS WHO TAKE DELIVERY BY JULY 31, 2012. †VEHICLE IMAGES SHOWN MAY INCLUDE OPTIONAL ACCESSORIES AND UPGRADES AVAILABLE AT EXTRA COST. ALL OFFERS EXCLUDE LICENSING, REGISTRATION, INSURANCE, OTHER TAXES AND DOWN PAYMENT (IF APPLICABLE). OTHER DEALER CHARGES MAY BE REQUIRED AT THE TIME OF PURCHASE. *0% PURCHASE FINANCING IS AVAILABLE ON SELECT 2012 KIA MODELS ON APPROVED CREDIT (OAC). TERMS VARY BY MODEL AND TRIM. REPRESENTATIVE FINANCING EXAMPLE BASED ON 2012 SOUL 1.6L MT (SJ5S1C) WITH A SELLING PRICE OF $18,379 FINANCED AT 0% APR FOR 60 MONTHS. BI-WEEKLY PAYMENTS EQUAL $124 WITH A DOWN PAYMENT/EQUIVALENT TRADE OF $1,750. COST OF BORROWING IS $0 FOR A TOTAL OBLIGATION OF $18,379. †"DON'T PAY UNTIL FALL" ON SELECT MODELS (90-DAY PAYMENT DEFERRAL) APPLIES TO PURCHASE FINANCING OFFERS ON SELECT 2012 AND 2013 MODELS ON APPROVED CREDIT (OAC) (2012/2013 SPORTAGE/SORENTO/SEDONA EXCLUDED). NO INTEREST WILL ACCRUE DURING THE FIRST 60 DAYS OF THE FINANCE CONTRACT. ‡‡BI-WEEKLY FINANCE PAYMENT FOR 2012 OPTIMA LX MT (OP5-41C)/2012 FORTE SEDAN LX MT (FE5-04C) BASED ON A SELLING PRICE OF $23,584/$17,484 $1,127/$84 WITH AN APR OF 0%/1.49% FOR 60 MONTHS, AMORTIZED OVER AN 84-MONTH PERIOD. ESTIMATED REMAINING PRINCIPAL BALANCE OF $6,595/$4,279 PLUS APPLICABLE TAXES DUE AT END OF 60-MONTH PERIOD. OFFER INCLUDES A LOAN SAVINGS OF $1,500/$750 AND $1,750 LOYALTY BONUS. ‡LOYALTY BONUS OFFER AVAILABLE ON 2012 FORTE AT A VALUE OF $750 FOR ANY CURRENT KIA OWNER/GUEST. LOAN SAVINGS FOR 2012 SOUL 1.6L MT (SJ5S1C)/2012 FORTE SEDAN LX MT (FE5S4C) IS $500/$1,500 AND IS AVAILABLE ON SELECT 2012 KIA MODELS ON APPROVED CREDIT (OAC). TERMS VARY BY MODEL AND TRIM. REPRESENTATIVE FINANCING EXAMPLE BASED ON 2012 SOUL 1.6L MT (SJ5S1C) WITH A SELLING PRICE OF $18,379 FINANCED AT 0% APR FOR 60 MONTHS. BI-WEEKLY PAYMENT DEFERRAL) APPLIES TO PURCHASE FINANCING OFFERS ON SELECT 2012 AND 2013 MODELS ON APPROVED CREDIT (OAC) (2012/2013 SPORTAGE/SORENTO/SEDONA EXCLUDED). NO INTEREST WILL ACCRUE DURING THE FIRST 60 DAYS OF THE FINANCE CONTRACT. ‡‡BI-WEEKLY FINANCE PAYMENT FOR 2012 OPTIMA LX MT (OP5-41C)/2012 FORTE SEDAN LX MT (FE5-04C) BASED ON A SELLING PRICE OF $23,584/$17,484 $1,127/$84 WITH AN APR OF 0%/1.49% FOR 60 MONTHS, AMORTIZED OVER AN 84-MONTH PERIOD. OFFER INCLUDES A LOAN SAVINGS OF $1,500/$750 AND $1,750 LOYALTY BONUS. ‡LOYALTY BONUS OFFER AVAILABLE ON 2012 FORTE AT A VALUE OF $750 FOR ANY CURRENT KIA OWNER/GUEST. LOAN SAVINGS FOR 2012 SOUL 1.6L MT (SJ5S1C)/2012 FORTE SEDAN LX MT (FE5S4C) IS $500/$1,500 AND IS AVAILABLE ON SELECT 2012 KIA MODELS ON APPROVED CREDIT (OAC). †COMPETITIVE BONUS OFFER AVAILABLE ON THE PURCHASE OR LEASE OF NEW 2012 OPTIMA (EXCLUDING HYBRID) MODELS AT A VALUE OF $500 (DEDUCTED BEFORE TAX) FOR OWNERS OF A HONDA ACCORD, TOYOTA CAMRY OR MAZDA6 WITH PROOF OF OWNERSHIP. CERTAIN RESTRICTIONS APPLY. OFFER IS TRANSFERABLE WITHIN SAME HOUSEHOLD (MUST PROVIDE PROOF OF ADDRESS). ~2012 KIA SOUL/2012 KIA FORTE SEDAN AWARDED THE "TOP" SAFETY PICK BY THE INSURANCE INSTITUTE FOR HIGHWAY SAFETY. FOR MORE INFORMATION ON OUR 5-YEAR WARRANTY COVERAGE.
AIRPORT KIA 905-677-5678
3295 Derry Rd. E. • Mississauga www.airportkia.ca


Future of retail is in palm of your hand: Report

E-tailers. Mobile phones are changing the face of retail, from crowdsourcing to commission fees for online 'influencers'

Big-box retailers are starting to feel the heat from online retailers like Amazon, concludes a new report on the future of retail. MATT CARDY/GETTY IMAGES FILE

Big-box retailers like Best Buy and Walmart are starting to feel the heat as sales decline in the face of stiffer competition from e-retailers like Amazon, according to the third annual Future of Retail report from trend-watchers PSFK. "Showrooming is the new reality."

Meaning, explains PSFK founder and president Piers Fawkes, customers are already using their mobile phones to shop and retailers have to stop fighting and join in.

"There's a great opportunity to provide personal service," says Fawkes. "Technology is pretty cheap compared with the proprietary systems of the past."

The future, then, lies in combining that mobile, roving database customers are carrying with bricks-and-mortar shopping — such as providing a "how-to" in-store experience based on a customer's scan of her living room sound system.

"It's exciting we can create a very human experience," says Fawkes. "Retailers have to take advantage of this rather than be scared of it."

Fawkes uses the example of trying to find a jacket online. Currently he has to rifle through 100,000 jackets he doesn't want first. Soon, retailers will know how to show him two or three that meet all his criteria. TORSTAR NEWS SERVICE

What's coming

- Crowdsourced new product lines based on reaction from loyal customers.
- Commission fees for shoppers who influence other shoppers.
- Websites that allow shoppers to create group-buying deals or bargain for the best prices.

Baskin-Robbins. Ice cream plant closing

Baskin-Robbins says it will shutter a plant in Peterborough, Ont., that has been "operating around the clock" to churn out ice cream, but has not been able to keep pace with growing demand — putting 80 employees out of work.

The ice cream maker said Wednesday the plant will close in October and ice cream production for Canadian Baskin-Robbins shops will shift to Scotsburn Dairy of Truro, Nova Scotia, which already produces its ice cream products.

"We deeply regret the need to close the Peterborough plant, but the facility, which is already operating around the clock, is unable to keep up with the demands of our rapidly growing international business," said Peter Laport, vice-president of global strategic manufacturing and supply at Baskin-Robbins.

"We have explored other options, but modernizing the facility and adding capacity are unfortunately not viable."

The ice cream chain has 113 franchised shops in Canada with about 550 full-time and part-time employees. THE CANADIAN PRESS

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305

Councillors Paul Ainslie, left, and Michael Thompson unveil Wednesday the new city services benefit card to replace manual cheques for social assistance recipients who do not have a bank account. VINCE TALOTTA/TORSTAR NEWS SERVICE

Hello debit card, goodbye welfare cheque

'Dignity card.' New system to replace cheques for social assistance recipients without bank accounts

Toronto is moving to replace the paper welfare cheque with a debit card — a benefit for both social assistance recipients and the city.

Some 22,000 recipients — about one in four — can't opt for direct bank deposit because they don't have a bank account. Instead, they rely on expensive cheque-cashing services.

The city estimates a single client receiving $599 a month could save at least $250 a year by eliminating cheque-cashing fees. The city itself expects to net savings of at least $2.5 million annually — after paying the card supplier — by eliminating the high cost of issuing cheques.

"It's a win-win," Coun. Paul Ainslie said Wednesday during a news conference. "We're not going to be printing cheques. They're not going to be spending money for cheque cashing."

Toronto launched the new card at five of its 15 social assistance offices and expects to add the rest soon.

The card is equipped with PIN and chip security technology. After it's loaded with the monthly amount, recipients can use the card to access the cash through ATMs and purchase items at retailers.

"For me, it's a dignity card, that's how I see it," said Coun. Michael Thompson. "Where welfare cheques stigmatize people, this card will enable recipients to live like other Torontonians. We want to eliminate the stigma that people feel." TORSTAR NEWS SERVICE

No restrictions

While some U.S. politicians want to prevent people who carry welfare cards from using them at casinos, liquor stores or tattoo parlours, no restrictions are contemplated in Toronto.

- Toronto is the first municipality in Ontario to introduce such a card, and other jurisdictions are monitoring the launch.

Statistics Canada

Job vacancies up, but fewer people to fill them

Statistics Canada says there was an average of 252,000 job vacancies in the three-month period ending in April.

The agency says that's an increase of 17,000 from the same period in 2011.

But for every vacancy, there were 5.6 unemployed people, which StatsCan says is down from 6.3 in April 2011.

Overall, the national job vacancy rate was 1.8 per cent. THE CANADIAN PRESS

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Gatestone & Co., a leader in the accounts receivable management industry, will be hosting a JOB FAIR by INVITE ONLY on **Friday, July 20, 2012 from 9 am – 12 pm**

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Funding cuts to lower cable and satellite bills

Broadcasting. The CRTC is phasing out a local programming fund aimed at helping stations during the 2008 recession

Cable and satellite bills will be shrinking a little bit as the CRTC begins to phase out a special fund designed to boost local programming.

The Canadian Radio-television and Telecommunications Commission issued a decision Wednesday, saying that the Local Programming Improvement Fund will be phased out over the next two years. It was introduced during the 2008 recession to help conventional stations operating in non-metropolitan areas.

Many cable and satellite providers passed along the 1.5 per cent fee of the recurring monthly bill to consumers, and the CRTC says they can expect a corresponding reduction in their cable or satellite bills as the fee is phased out.

In 2010, 78 stations received funding totalling $100 million. In 2011, 80 stations received $106 million.

"The fund was created to ensure television stations had the resources to meet Canadians' needs for local programming. We are satisfied with the support it has provided during a difficult economic period," said Leonard Katz, CRTC's vice-chairman of telecommunications and chair of the hearing panel.

The CRTC said the financial situation of these broadcasters has improved due to a recovery in the advertising sector as well as a successful transition to digital television. It said it was confident that these stations will maintain the same quality of programming without support from the fund.

Cable and satellite companies must prepare a report by Sept. 17, outlining the measures taken to ensure that the bills of affected consumers will reflect these reductions, and they must also provide evidence that consumers have been notified or that they were never required to pay the contribution. TORSTAR NEWS SERVICE

Upcoming cuts

Beginning Sept. 1, required contributions will be cut to one per cent of gross broadcasting revenue, and on Sept. 1, 2013, the fee will be cut to 0.5 per cent of gross broadcasting revenue.

- By Sept. 1, 2014, the fund will be discontinued.

StatsCan

Chinese visitors to Canada up

Statistics Canada says fewer people travelled to and from Canada in May compared to travel in April.

Canadian residents made 5.3-million trips abroad that month, mostly to the U.S., but that's 1.7 per cent fewer trips than in April.

However, Chinese visitors to Canada rose to 24,000 trips, a 3.4 per cent increase. Statistics Canada reports that China has overtaken Australia as the fourth-largest overseas market for Canada behind the U.K., France and Germany. THE CANADIAN PRESS

Market Minute

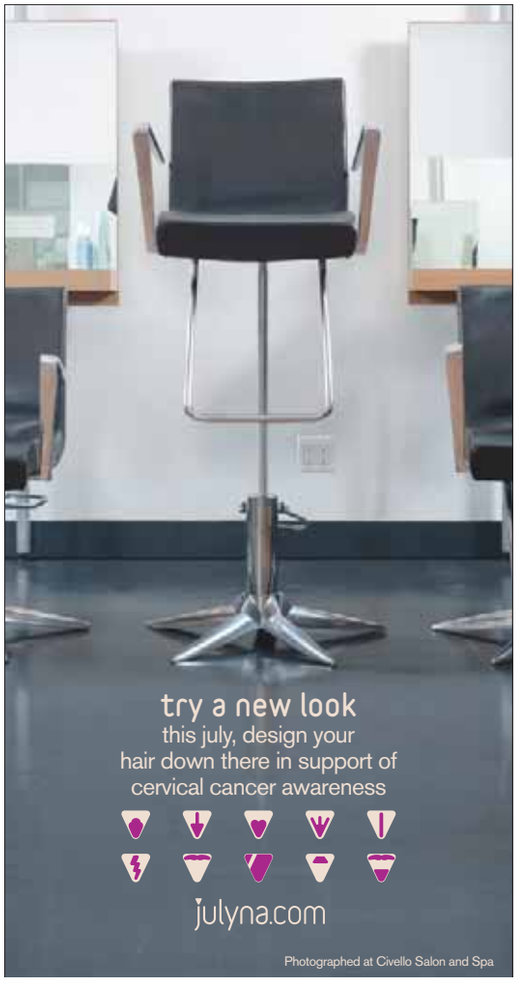
DOLLAR 98.94¢ US (+0.18¢)

TSX 11,579.15 (+7.96)

OIL $89.87 US (+65¢)

GOLD $1,570.80 US (-$18.70)

Natural gas: $2.973 US (+17.7¢)
Dow Jones: 12,908.7 (+103.16)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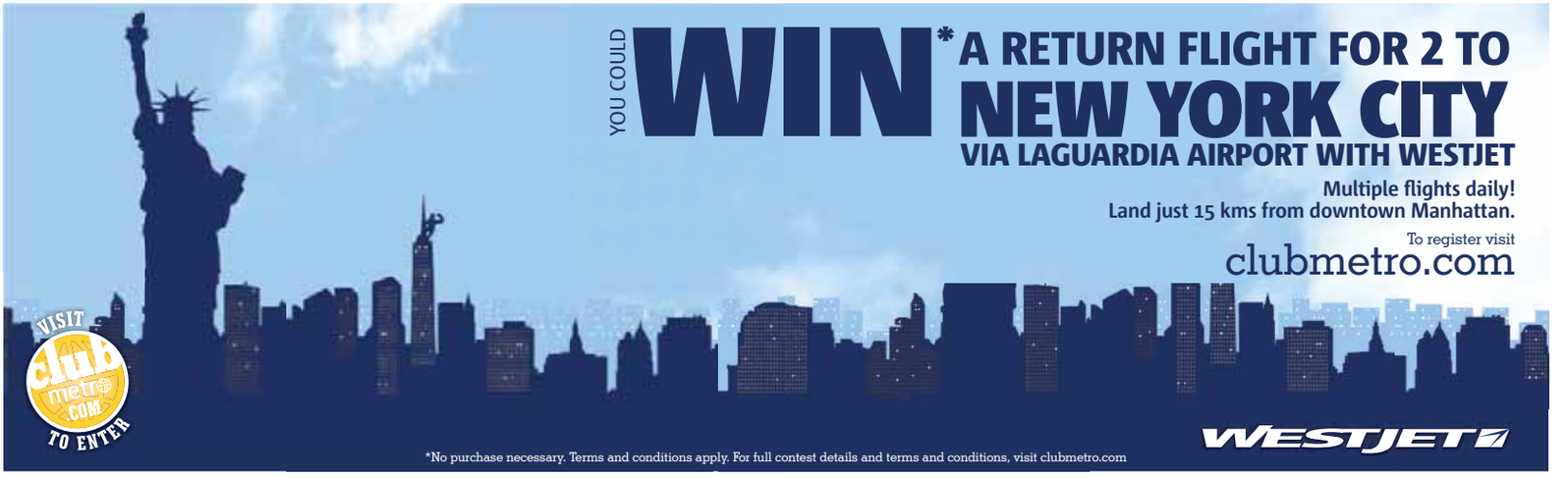
this july, design your
hair down there in support of
cervical cancer awareness
julyna.com
Photographed at Civello Salon and Spa

Mark Carney, governor of the Bank of Canada, holds a press conference at the National Press Theatre in Ottawa on Wednesday to discuss the contents of the Monetary Policy Report. SEAN KILPATRICK/THE CANADIAN PRESS

Carney says he'll help reform LIBOR system amid rigging scandal

Mark Carney says he intends to use his position as head of the international Financial Stability Board to take up the issue of reforming the scandal-plagued interbank lending system at the earliest opportunity.

The Canadian central banker said Wednesday he's already exchanged views with his counterparts in the world's leading economies and plans to discuss possible reforms in September, when FSB officials next meet. Carney said he and U.S. counterpart Ben Bernanke agree that LIBOR, the London interbank offered rate — which sets terms under which banks lend each other funds and influences other interest rates — is structurally flawed. LIBOR has been discredited recently by evidence that some of the banks that set the benchmark have provided false information in order to support their positions. THE CANADIAN PRESS



The best online customer experience.

Lumber export ruling called a 'total victory' for Canada

Pine beetle-infested wood. B.C. forests minister says tribunal decision shows the U.S. complaints were unwarranted

Canada is declaring victory in a dispute with the United States over softwood lumber exports from British Columbia.

A tribunal convened under the 2006 softwood lumber agreement ruled Wednesday that Canada did not circumvent the deal by shipping large quantities of pine beetle-infested lumber south of the border.

International Trade Minister Ed Fast called the decision a welcome victory for workers in B.C.'s lumber industry.

Workers pull graded lumber off a conveyor belt at a mill in Richmond, B.C., in this file photo. RICHARD LAM/THE CANADIAN PRESS

"We applaud the tribunal's decision in favour of our lumber industry," Fast said. "This positive outcome is the result of our close collaboration with provincial and industry partners and proof that the (softwood lumber agreement) is good for Canada's forestry sector."

The United States launched the dispute, arguing that B.C. was subsidizing wood damaged by the mountain pine beetle. The U.S. Lumber Coalition expressed bitter disappointment in the ruling by the London Court of International Arbitration.

"The coalition is very disappointed that the LCIA did not find that compensatory export taxes were justified to collect the export taxes imposed under the SLA that B.C. producers have been effectively evading since 2007," said coalition chairman Steve Swanson, who also runs the family-owned Swanson Group in Oregon.

B.C. denied the province was cheating, saying U.S. producers should have known there would be an effort to clear dead, beetle-infested timber. On Wednesday, B.C. forests minister Pat Bell was declaring "total victory." Industry observers said the dispute was the most serious to date under the softwood lumber agreement, which is set to expire in October 2015, because it struck at the core of forestry policy and timber pricing.

THE CANADIAN PRESS

Add-on services

Capital One forced to pay back customers

The Obama administration's consumer watchdog agency flexed its enforcement muscles for the first time Wednesday and ordered Capital One Bank to repay millions of credit card customers allegedly tricked into buying costly add-on services.

Capital One will pay $210 million US in refunds and regulatory fines. Most of the money will go directly to customers.

The bank's phone-sales operators told customers that services like payment protection and credit monitoring were free or mandatory or offered more benefits than they did, federal officials said. The hard selling targeted people with poor credit, they said.

The order against Capital One is the first enforcement action by the Consumer Financial Protection Bureau, set up a year ago. THE ASSOCIATED PRESS

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bmo.com has been ranked the highest for best online customer experience in the Keynote Canadian Banking Prospects 2011 study[1]. This designation reflects our commitment to customer satisfaction, the ease of opening an account, and our Privacy and Security measures.

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[1] bmo.com ranked #1 among banks in an interactive research study conducted among 1,750 prospective online banking customers as they interacted with the websites of seven leading Canadian financial institutions.
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LIFE SUCKS AND THEN YOU DIET

HE SAYS...
John Mazerolle
metronews.ca/hesays

This is hard to swallow, but I think the weight-loss industry may have some ethical problems.

I know. It's one of those instances where our illusions are shattered and our innocence is lost, like when the emperor in the Star Wars prequels turned out to be evil.

But I'm convinced it's true.

As an in-depth researcher of societal trends (I read Google News), I've noticed that a new weight-loss drug or diet plan or study is released almost every day.

The drug is usually approved by the authorities, but has a list of side effects as long and painful as Atlas Shrugged.

And the diet plan, even if it works, usually charges you to do something you could do on your own ("Order our Triple-A 'Activity Addition Abacus' for only $19.95!").

Fatten down

"The diet plan, even if it works, usually charges you to do something you could do on your own ("Order our Triple-A 'Activity Addition Abacus' for only $19.95!").

What makes it worse is all the self-evident studies. Either it's a "positive" study showing, for instance, that running a marathon is linked to looking good in shorts, or it's a "negative" study that shows, say, a possible connection between heart disease and freebasing gravy.

The upshot is, we all know losing weight is hard, but we also know the proper way to deal with it.

I am, of course, talking about the only solution: Mazerolle-Brand Diet Products! Yes! With my unique line of inexpensive weight-loss tools, people will be asking if you've been recently ill or your money back.

My products:

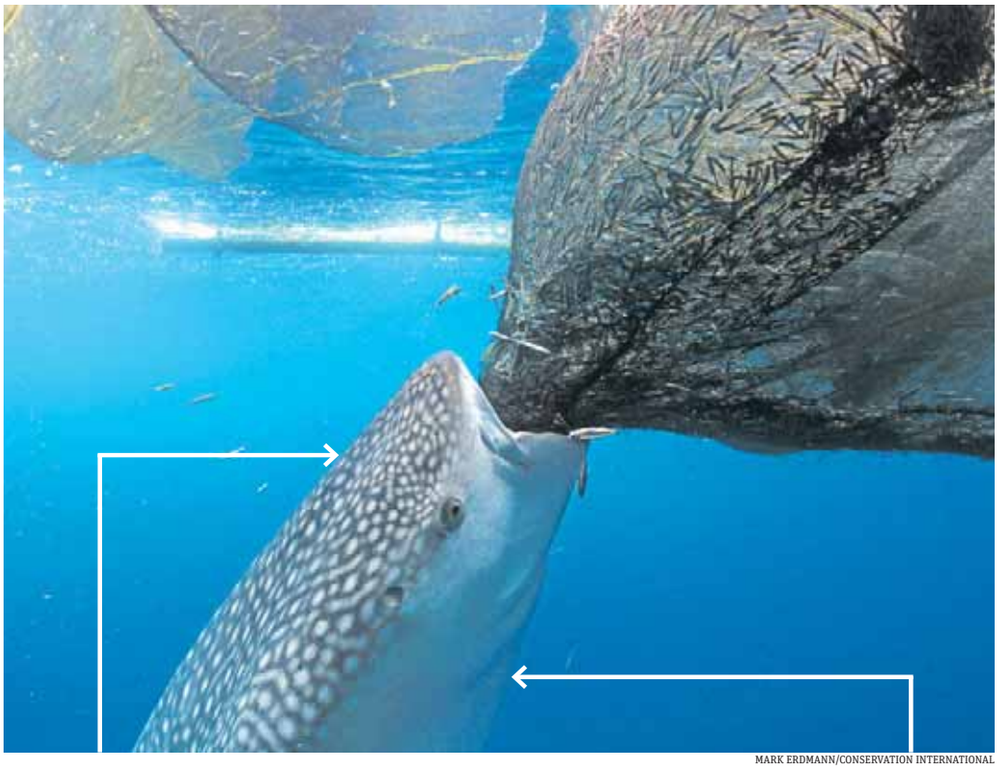
- **The Diet Diary:** New findings suggest that the best way to lose weight is to keep a food diary. But what does it say about your self-esteem if you scratch out your meals on some random piece of paper? If you care about yourself, you'll buy my handsome pleather-bound Duo-Tang, complete with example entries to get you started: "Dear Diary, I like bacon sooo much. 'Like' like! But does bacon even know I exist?"
- **The Self-Dismemberment Diet:** Also known as SDD, is a quick and easy plan to lose weight. Would you give your right arm to lose weight? Then do it! Worried about side effects? Remove a side! To help stop the bleeding, order a Mazerolle Diet Plan Tourniquet.
- **Bachelor's Package:** This is the linchpin. You'll learn my own personal tricks for staying thin, such as losing your debit card on the weekend, or reminding yourself that if you cook it will mean doing dishes. Also, I lost 20 pounds (really) when the Boston Bruins made their 2011 Stanley Cup run, mostly due to stress. So cheer on a successful team. (WARNING: If you are waiting on a Canadian NHL team, you will balloon to 400 pounds.)

Don't weight until it's too late to push back the scale. ISTOCK

And those are my completely ethical weight-loss products. I hope you find them helpful.

One parting tip is to remember that dieting is still about eating, not starving yourself. When I get peckish, I feel free to open the fridge and treat myself to whatever's in there — usually a box of baking soda and a jar of capers. If that doesn't help you lose weight, nothing will.

Shark is having a whale of a time



MARK ERDMANN/CONSERVATION INTERNATIONAL

Wildlife expedition

Whale shark food feast goes viral

Divers caught a rare scene of the world's largest fish, the whale shark, sucking silverside bait fish out of a fisher's net.

The video footage taken by environmental group Conservation International (CI) in Indonesia's Cenderawasih Bay has become a viral hit since it was uploaded on YouTube last month, amassing more than 1.3-million hits.

METRO

Biologist's view

"The interest this video has gotten on the Internet is amazing and it underscores the need for these types of expeditions to further knowledge of whale sharks."

Dr. Mark Erdmann, marine biologist and senior adviser to CI-Indonesia's marine program

Quite the appetite

- **Purpose of expedition.** To inject whale sharks with pill-sized transmitters, which serve as a unique, permanent "ID card" to monitor animals' behaviour and history.
- **Diet.** Whale sharks, the largest species of fish in the ocean, can eat up to 2.6 tons of plankton and small fish per day. Whale sharks are "filter feeders": They jut out their jaws and passively filter food into their mouth.

Adding it up

15

metres is the top length of a whale shark — as long as a common yellow school bus. On this expedition, a total of 30 individuals were successfully tagged.

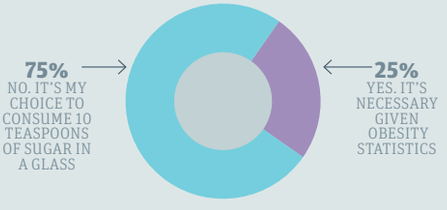
Go to metronews.ca ...

- ... to see a video of the shark devouring its lunch and watch scientists free it after it gets caught in the net!

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

Do you think sugary drinks should be banned in restaurants?



Twitter

@StevieBlanco_: If we are to live together in peace, we must come to know each other better ?#nomoreguns?

@ahmedbad: This scares me. We don't even have enough highways, and now one is starting to fall apart. ?#Gardiner? ?#Toronto?

@hofmannpm: Mazza trial on twitter was interesting. What was learned? Hiring a girlfriend for having substantive qualities = not good ?#Ornge?. ?#onpoli?"

@1_Non_Blonde: @TOMayorFord SO OUT OF TOUCH! Don't you get that tougher jail sentences 4 youth got us INTO this mess! ?#topoli? ?#cdnpoli? ?#canpoli? ?#ostriches?

@chrissiemariec: It. is. so. hot. ?#Toronto?

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At last year's New York pop-up dining event, nearly 30,000 people signed up for 1,000 spots. NAVID BARATY-GOTAMIST

Pop-up dining al fresco style

Dîner en Blanc. Spontaneous dinner party makes its T.O. debut — but judging by its popularity in other cities, its best to register ahead

BACKSTAGE PASS
Ian Gormely
scene@metronews.ca

Looking to eek out as much wear as possible from your summer whites before Labour Day?

Look no further than Dîner en Blanc, a spontaneous outdoor meal making its debut in Toronto this August.

"It celebrates good food, good wine and the city," says Jessica Tan, one of the event's organizers.

At base, Dîner en Blanc is a traditional dinner party. The twist is that only organizers know where the soirée takes place. Guests register online, meeting their table leader on August 9, rain or shine.

Groups converge on the evening's secret locale where they're given 10 minutes to set up their table, chairs and three-course meal. When everyone is ready, white napkins are waved and dinner begins.

The concept began in Paris in 1988. Founder Francois Pasquier returned home after living abroad and "he wanted to hold a dinner party to reconnect with friends," says Tan.

Wanting to gather everyone in one place, he invited friends to Bois de Boulogne park, asking friends to wear white to ensure they'd all find one another. It's since spread across the world with events in Asia, Australia and Africa.

After reading about and attending Montreal's event last year, Tan set about organizing one for Toronto.

Dîner en Blanc International gave plenty of advice and support, as she navigated city's bureaucracy to keep everything above board. "It made our lives a lot easier," she says. "We were able to focus on making it special for Toronto."

More than 30,000 people signed up for 1,000 spots in New York last year. Toronto's debut edition has 1,400 spots, so anyone interested had best sign up quickly. Registration opens today at noon and closes Tuesday.

"It's a great event," says Tan. "To experience it is something special."

Check out toronto.dinerenblanc.info for all of the event details.

Dining rules

Dîner en Blanc Dos and Don'ts:

- **Do wear white.** "Get your outfit soon," says Tan. "We're starting to see fall clothing coming in."
- **Don't wear black pants.** You will not be allowed to take part in the event.
- **Do** register under the same meeting point and table leader as friends with whom you plan to sit.
- **Don't wear uncomfortable shoes.** There could be terrain unfriendly to high heels.
- **Do bring your own table, chairs and white tablecloths.** Event organizers will not provide these.
- **Don't bring your own alcohol.** All alcohol can be pre-purchased online, as can meals created by Chef Ted Corrado.

2

SCENE

Scene in brief

The award goes to...

The first time Kathleen Edwards was shortlisted for the Polaris Music Prize back in 2008, she didn't know much about the award. But it's a sign of how much the $30,000 prize's profile has grown over the past four years that the Ottawa singer/songwriter felt very differently when she was nominated for a second time on Tuesday. She joined an eclectic 10-artist short list that also includes Toronto rapper Drake, Vancouver rock duo Japandroids and Calgary-reared songstress Feist. The Polaris Music Prize — awarded to the top Canadian album of the year based strictly on merit and not sales — is voted on by 200-plus music journalists, bloggers and broadcasters.
THE CANADIAN PRESS

On the web

Walmart in Kodiak, Alaska, gets most 'likes,' wins personal appearance by rapper Pitbull

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The perfect book to calm your nerves: Monkey Mind

Following **License to panic.** Writer exposes his agonizing struggle with anxiety to demonstrate the ubiquity of it in our lives

GINA ANGELOTTI
Metro World News in New York

Monkey Mind author Daniel Smith has discovered that maxi-pads best trap armpit sweat — only second to Botox injections. PHOTO: TYLER MARONEY

basic introductions during a phone interview, whether or not the person on the other end of the line can detect your voice quivering, it's not becoming to admit that you're nervously pulling your hair out. That is, unless you're talking to Daniel Smith.

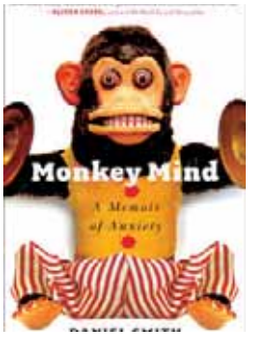
Reassuringly, the author recalls a similar experience, pitching to publishers his memoir about anxiety, Monkey Mind. It occurred to him then that having written about the disorder gave him license to panic, to be comfortable in his own sweat-sodden skin. "Now I can just come right out and say it," Smith boisterously exclaims. "Not only do I not have to hide it, but I should tell (people)! I should have thought about this years ago."

In Monkey Mind, Smith divulges adolescent traumas and subsequently, the pivotal attacks and everyday pangs of anxiety. Through trial and error after error, he learns to mitigate them, finding comic relief along the way. He recounts, for example, discovering that maxi-pads best trap armpit sweat, second only to Botox injections. To unabashedly laugh out loud or cry — or both — at Smith's naked confessions is inevitable and apropos. "I'm easily embarrassed and self-critical, but not easily shamed," he insists, adding that he exposed his own agonizing struggle with anxiety in order to show the ubiquity of it.

"There's no one who hasn't experienced anxiety in one form or another. Built into the project is the idea of universality."

According to Smith, anxiety differs from fear in that the former is the looming, unpleasant feeling brought on by the latter. Chronically anxious people are acutely aware of themselves and what triggers those feelings to arise within.

"Anxiety is self-centeredness," he says, speaking slowly now, with a sudden equanimity. "It's not narcissism because narcissism is self-love. The word I love is solipsism, which means a locked-in syndrome, an obsession with what's inside your own head and how the world comes at you."



Although he says he hasn't found writing in general or about anxiety in particular to be therapeutic, Smith does offer suggestions for how to combat restlessness beyond momentary stopgap measures like drinking, taking a pill or even orgasms.

"I'm not convinced that (anxiety) can be cured or even that it would be desirable to be cured," he says, conceding that the only effective disciplines to have eased his worried mind are meditation and Cognitive Behavioral Therapy (CBT).

The Buddhist meditative technique of training oneself to see that thoughts often rise and fall away is useful, he says, "because it turns you away from self-absorption, ironically, because while meditating you're looking only at yourself." Smith draws comparisons between Buddhism and psychotherapy insofar as that both emphasize awareness. "CBT takes the statements that otherwise the mind considers assumptions and jumps straight to anxiety and catastrophe and questions them." Whereas Buddhism advises letting go of uncontrollable thoughts, "CBT asks you to scrutinize them."

For Smith, with consistency and practice, these methodologies ultimately don't conflict with each other. "It's all about day after day fighting the good fight against your wormy, screwed up habits of mind."

But he resigns that falling off the wagon and back into anxious patterns is easy to do.

"You have thought a certain way for years," he says. "Nothing is going to be able to train you out of that completely because the circuits are there."

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Chris Colfer finds 'glee' in penning children's stories

Glee star Chris Colfer has written a book called The Land of Stories. EVAN AGOSTINI/THE ASSOCIATED PRESS

Childhood dream. Star of hit TV series turned his boyhood questions into a novel that's now in stores

Glee star Chris Colfer says his favourite childhood memories are going to the book store at midnight to get the next Harry Potter book.

He recalled in a recent interview, "just being there with everyone happy and dressed up, and those were just really happy moments for me."

It makes sense then that the 22-year-old would want to contribute to that world. He's written his own children's novel called The Land of Stories, which is now in stores.

The book is about twins Connor and Alex, who find themselves sucked into their favourite book of fairy tales, suddenly face-to-face with the characters they grew up reading about.

Colfer said he came up with the idea as an inquisitive child who questioned the fairytales his mother would read to him.

"I used to ask, 'Mommy, who's the man in the mirror? Why's he talking to the evil queen? Why's she so evil? Why does she hate Snow White so much?'

"I just tried to clarify the questions that I had as a kid," he said.

If the book were adapted into a movie he would love for Meryl Streep to play the various fairy tale characters.

"I think ultimately I would love to see Meryl Streep play every role just because I think. 'Who would not want to go see that movie? Who would not want to go see Meryl Streep playing The Big Bad Wolf or Red Riding Hood?' I mean it would be great."

Colfer said he wrote the book last summer during the Glee world tour.

"I was writing constantly in my hotel room and under the stage during performances even, and I'd be singing, I Want to Hold Your Hand and I'd think of something really witty for Connor to say. Had to run downstairs to the changing booth, type it into my computer, run off and do Single Ladies in leotard. It was an interesting summer. I don't think I've mentally recovered from that time."

There's already a deal to write a sequel to The Land of Stories where Alex and Connor will be older.

He also has written a screenplay for a psychological drama movie that he hopes to star in, and he adapted a pilot for the Disney Channel based on Florence Laughlin's children's book The Little Leftover Witch.

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Falling Skies. Actress finds some religion for her role in Sci-Fi series

Seychelle Gabriel stars in Falling Skies. GETTY IMAGES

STEPHEN ERAMO
scene@metronews.ca

As a child, Seychelle Gabriel longed to become a marine biologist. However, everyone in her family worked in the entertainment industry, so it was only a matter of time before she was bitten by the proverbial acting bug.

"I went to auditions and acted when I was younger, but I really didn't dig it," recalls Gabriel. "It wasn't until I was older and in school that I truly learned to love acting. That's when I decided to seriously jump into it, and from there the ball just started rolling."

Back then, the actress had no idea she would one day be battling green-skinned humanoid beings that have invaded Earth in TNT's hit Sci-Fi series Falling Skies. She plays Lourdes, a former first-year medical student and member of the 2nd Massachusetts Militia Regiment, a group of civilian and military survivors from Boston who have banded together to fight back against the aliens.

"Lourdes is very resilient and very strong, as I think everyone in the show is," notes Gabriel. "You would have to be in order to keep putting one foot in front of the other given all the crazy stuff that has happened. When Falling Skies starts, Lourdes is 17 years old and has basically lost everything. Everyone is trying to find their place and she uses what knowledge of medicine she has as well as her spirituality to bond with her fellow survivors because that's all she has left.

"The spiritual thing was an interesting [acting] challenge. I'm a spiritual person but not necessarily religious, so when we filmed our first season in Toronto, I spent some time visiting Catholic churches to better understand how religion becomes a source of strength for some people, especially in really desperate situations."

Amanda Tapping just wrapped up directing three episodes of the new Sci-Fi series Primeval: New World. GETTY IMAGES

Tapping takes career to a whole new world

Life after Sanctuary. Actress is busy with a number of projects following her four-season run as Dr. Helen Magnus

STEPHEN ERAMO
scene@metronews.ca

Since 1997, Amanda Tapping has been helping protect humanity from terrestrial as well as extraterrestrial threats, first as Colonel Samantha Carter in Stargate SG-1 and Stargate Atlantis, then as Sanctuary's Dr. Helen Magnus. With the latter TV show having recently ended its run after four seasons, the Leo Award-winning actress has been busy working on a number of new projects.

Last month she directed three episodes of the new Sci-Fi series Primeval: New World. It follows a team of scientists tracking down "anomalies" or rifts in time allowing the passage of prehistoric creatures into present day Vancouver, including some very familiar places.

"We shot some of my first Primeval episode inside a Canadian Tire store," says Tapping with a smile.

"There were night shoots and we had to build a warehouse. The biggest challenge was trying to make warehouse shelving look interesting scene after scene. I think we found a very cool way to do that, though, and sell the environment within the story that we were trying to tell.

"This episode also allowed me to show what I feel is a fantastic dynamic between the characters of Evan Cross [Niall Matter] and Dylan Weir [Sara Canning]. I wanted to play up the gentleness of their friendship and the fact that when you come under the line of fire with someone and almost die, it creates a bond that can never be broken."

Missing Sanctuary

When it comes to Sanctuary, what is the actress going to miss the most about that whole experience? "The Sanctuary family and the easiness we all had with each other," she says. "Everyone felt respected and knew they were admired for what they brought to the table, and that made the show really fun to do."

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Freida Pinto said she had to trust director Michael Winterbottom for the improvisation in Trishna. HANDOUT

Freida Pinto is all about improvisation in her new film

Trishna. Actress had to navigate movie based on Tess of the d'Urbervilles without much of a script

NED EHRBAR
Metro World News in Hollywood

Freida Pinto takes on some intense material with Trishna, Michael Winterbottom's adaptation of Thomas Hardy's tragic Tess of the d'Urbervilles, set in modern-day India. Winterbottom's third update of a Hardy novel, Pinto found how well the 19th century British novel translated to Indian culture intriguing — and the lack of a script more than a little daunting.

When Michael Winterbottom approached you about this, were you already familiar with the original novel?
Oh yes, I was already familiar with the original novel and also with some of Michael's films. It was a no-brainer, it was a yes right from the get-go. I did not need him to convince me or anything, but we did have a discussion about the film and how he intended to do it over lunch in London. Then I was like, "Oh, do I get to read a script?" And he was like, "Oh no, there is not going to be a formal script, but I will send you the treatment and the concept and all of that." And then he also sent me a script that said, "This is not a script (laughs)."

And that was a first for you?
Yes, exactly. That was a first for me. It was very interesting because I had never done anything like that before, so it seemed like it would be a very liberating task, but at the same time it was very daunting as well because you really do not know which direction you're going in. There were days on set where the other actor and I would just look at each other like, "What are we doing right now?" But you just trust your director's instincts and go with it.

It's fascinating how well Hardy's 19th century English story translates to modern-day India.
I definitely found it fascinating, and very intelligent as well for Michael to think of something like that, to draw an early comparison of 19th century England and 21st century India. And of course the sexual double-standard that existed in 19th century England probably does still exist in 21st India. It was very frustrating even to play it because I've never been in that situation before and will never be in that situation ever.

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Walk Off the Earth parlays YouTube celebrity into a full-length album

Gainful gimmick.
Band who covered Gotye's single on one guitar promises their music will stay fun — despite record deal

PAT HEALY
Metro World News in Boston

Walk Off the Earth's cover of Somebody that I Used to Know on one shared guitar was a YouTube sensation. SUPPLIED

If you're among the 127 million people who have seen Walk Off the Earth cover Gotye's mega-popular single with one shared guitar, you know that these five Canadians are all about innovation. So it's no surprise then that the band was able to leverage their YouTube popularity for an album that will be out in the fall. Though the album will comprise almost all original material (don't worry, the Gotye song will be on there), singer Sarah Nicole Blackwood says that the major label deal won't change their fun approach to music.

With the very notable exception of the Somebody That I Used to Know clip, there are so many different instruments in your videos. Do you bring all of them on tour?
Yeah, we totally do. Our crew hates us, actually. Not only do we bring them but we throw them at them throughout the show.

You're the only one who's playing regular guitar there, plucking strings and fretting, right?
Yeah. I mean Gianni [Luminati Nicassio] is doing the same thing, kind of soloing away, [Ryan] Marshall's got the bass line, Joel [Cassady] is playing drums and then Beard Guy's playing the clanky noise.

You really call him Beard Guy?
Yeah, we actually call him Beard Guy. Well, in the band. ... He's always had his beard. He just looked really cool when we were doing takes for the video. As we shoot a video it's really cool how each character will develop pretty much right away, so we were watching some of the takes that we had done and we were just like, "Dude, you look cool just staring off to the side like that, just do that." And that kind of became his character. But we actually do like — when we talk to him, instead of saying "[Mike] Taylor," we'll be like, "Hey Beard!"

How long does it typically take to do one of these videos?
A long time. Most of our videos are one take, which is — it takes a long time to shoot but it takes a short period of time to edit, which is a lot nicer.

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Back to life, back to reality

Onstage. Musicians are constantly finding ways to resurrect their classic material

PAT HEALY
Metro Boston

It's only fitting that the first words that the world heard from an amazingly lifelike rendering of Tupac Shakur were "What the f— is up?"

Many wondered the same thing as they saw on the stage at the Coachella festival a rapper who had died 16 years ago.

The answer to the question posed by the entity that has come to be known as Virtual 2Pac is that with music and technology we have arrived at a crossroads of the future and the past. For members of the generation who are growing up in the information age, they have only known a time where every piece of recorded music is at their disposal. This accessibility has created listeners with wider ranges of musical taste and knowledge than ever before, but also a sense that being able to hear or see whatever you want whenever you want is a right, not a privilege.

When it comes to musicians from the past, the ability to witness these acts live has traditionally presented some difficulty. Many artists from the dawn of the recorded era are past retirement age and even more have died.

But within the past year concertgoers have been able to experience performances that few would have thought possible even at the beginning of the decade.

The Beach Boys are sounding better than ever on their 50th anniversary tour, the songs of Queen are coming to life in a brilliant new way and Roger Waters has brought The Wall to arenas and ballparks with a production that is so big it was only performed in four venues when the classic Pink Floyd album first came out.

Roger Taylor of Queen says he had to do something to reawaken the sounds of his former band because he knew that audiences wanted to hear it.

"There are so many tribute bands around and not all good," he says. "If anybody's going to play our music, I want them to do it in a brilliant and scintillating way."

So in addition to playing a few gigs with Queen guitarist Brian May and Adam Lambert, Taylor recruited members online and became the musical director of something called the Queen Extravaganza. He taught these young musicians himself how to play these songs and sent them out on tour.

Could this sort of apprenticeship be a new model for passing down the sounds? Will other bands follow suit?

"I'd be interested in seeing if they did," says Taylor.

"It takes a lot of work. They might be too old and grey to do the work. I've done the work and I can say that I think we've been very lucky in terms of who we've found. We have two of the most genius guitar players, and we have four amazing singers and a great rhythm section and just a great band."

Quote

"There are so many tribute bands around and not all good. If anybody's going to play our music, I want them to do it in a brilliant and scintillating way."
Roger Taylor of Queen

This is a band who when they were active had four members.

"We're going to do all of those buried parts, all of the six-part harmonies," says Taylor. "It was a labour of love, but it was a lot of labour."

On the Beach Boys' current tour, they've found that augmentation has helped bring their recordings to life in a way that wasn't previously possible. Guitarist Al Jardine says having so many more people on stage has been a bonus.

"For the first time in the history of our music-making, we've had enough people on stage to do all the parts," he says. "We overdubbed so much — we were like harmony fanatics — that we never could put all of it together in one place at one time. Now you have the original voices and pretty darn good players and singers doing the parts that the three or four of us haven't ever done."

But this isn't the only measure in place to ensure that Beach Boys music lives on. A group called California Saga, who performed their fourth gig this week, has been formed by the spawn of Beach Boys members.

The group is comprised of Jardine's sons Matt and Adam; Wilson Phillips singers Carnie and Wendy Wilson, who are the daughters of Brian Wilson; Mike Love's children Christian and Ambha; Carl Wilson's son Justyn; and Dennis Wilson's son Carl B.

They specialize in deep cuts from the catalogue of their fathers. Their first official gig in June was a short set to open for the Beach Boys, the ultimate seal of approval.

Damian Darlington is the musical director, guitarist and lead singer of the Pink Floyd tribute act called Brit Floyd. Among his seals of approval: an invitation to play a birthday party of Floyd guitarist David Gilmour. While performing Comfortably Numb, the tribute band was joined by Floyd keyboardist Rick Wright, who died in 2008.

"It's very sad. A lot of these people seem to be passing away," says Darlington. "That's all part of the attraction of tribute bands, I suppose. There's less and less chance as the years go by to actually see the original people play this music, but there's still the demand to hear this music live. This whole other generation is discovering it all the time and they're equally enthusiastic about it."

Online

- Visit metronews.ca/scene to watch a video of Snoop Dogg and 2Pac performing at Coachella.

Virtual 2Pac shocked the world when he appeared at the Coachella festival earlier this year. GETTY IMAGES

What's next? Elvis is back in the building

When The King returns, expect it to be "quite enormous and grand."
GETTY IMAGES

Ed Ulbrich, chief creative officer of Digital Domain, the company that created Virtual 2Pac, says his company's next project is fit for a king.

"Right now we're focusing on Elvis," he says.

"We're certainly having other conversations, but Elvis Presley is next up for us."

Ulbrich is tight-lipped when it comes to revealing what those other conversations are. When asked if he had his choice of any musician he'd want to bring back to the stage, he says, "I would love to be able to answer that question for you, but I've already done it. Whomever I would love, we've already contacted and we've already done and we're already there. So I can't really talk about that."

Does Ulbrich think that dead stars are the key to the future of live music?

"I can't see this as the future of concerts where it's replacing the idea of live entertainment, live music," he says. "I do think that we're on the cusp of a new form of entertainment that is substantial, and it can enhance a concert-going experience."

As for the moral implications, Ulbrich says he has no qualms about what his company is doing.

"There is no evil exploitative capitalistic plot behind this thing," he says, "Albeit, the benefit of it happening was that it sold a heck of a lot of records and downloads for Tupac and his estate. I think the fact that it was done with the blessing of the family, of his mother, also speaks to that. So we look at it as a tribute. We weren't asking him to get up there and sell soft drinks and juice pops."

So what can Ulbrich divulge about the Elvis project?

"Let's put it this way," he says, making sure to temper his words, "What we're planning in tribute to The King needs to be nothing less than spectacular and epic, so we are creating and designing something quite enormous and grand."

PAT HEALY/METRO BOSTON

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Aerosmith guitarist Joe Perry, left, is pictured with frontman Steven Tyler. GETTY IMAGES

Ten years gone. Aerosmith back in the saddle again

LINDA LABAN
Metro Boston

There isn't anyone more surprised than Tom Hamilton that it's taken Aerosmith more than a decade to make a new album.

With Music From Another Dimension recorded and slated for release this fall, it seems that there's no one more excited than the band's bassist, either.

"It's a moment I've visualized in my head for a long time. Right now, we're at that point where it's being mastered. I wish it was out today. It's torture," says Hamilton with a laugh.

"Of course, we've had compilations and the blues album Honkin' On Bobo in 2004. But, yeah, this is the first album of new material we've put out in 10 years. It's unbelievable that it took that long."

It's not like Aerosmith needs any more great songs. After 42 years of notching up crowd-pleasers, the band can tour without a new record.

"Some of us have the desire to prove ourselves and not be part of that club, that club that says, 'I don't want to face the demon of making a new record,'" Hamilton says.

"A lot of people say, 'Let's just go out on the road and not put ourselves through the demands and pressures of making an album.'

"Because when you make an album, you start with nothing — and no matter how many great songs you have before, you have to prove yourself again: Prove that you still have the hunger and the skills to do it. Some of us just wanted to prove that, so here we go."

Idol hands

What with illness, accidents and singer Steven Tyler's two years spent as an American Idol judge (he left the show recently), Hamilton admits even he had doubts that Aerosmith would ever make another record.

"I wanted it so bad that it didn't get to be anything I believed in. But, yeah, there definitely was (doubt).

"After 10 years and some false starts, that question was in the air, sure. But some of us really wanted this to happen and, finally, on this try it happened."

Guetta giving back to the young DJ community

Q&A. The world's biggest DJ talks with Metro in a one on one, discussing Burn studios Residency (a program for aspiring DJs) and his domination of the charts

DJ David Guetta performs onstage at the 2012 Coachella Festival in California earlier this year. GETTY IMAGES

Whether or not electronic music is your thing, you know of David Guetta. The French house music producer and DJ is arguably the world's biggest DJ right now, known for his blending of hip-hop and urban artists with house beats.

Songs like Gettin' Over You featuring (featuring Chris Willis, Fergie & LMFAO) and Sexy Bitch (featuring Akon) have put him on the top of international charts and made him a club favourite.

This summer, Guetta took time out of his busy schedule to aid in training some promising new DJs from around the world. Burn studios Residency, an initiative to help new talented DJs get global recognition, selected 11 finalists and sent them to Ibiza to participate in a DJ boot camp where top electronic music artists, including Luciano, Richie Hawtin and Guetta, mentored them.

The three winners (from Spain, Poland and Slovenia) won the coveted prize of a two-month residency at three of the top clubs in Ibiza, not to mention the world: Privilege, Café Mambo and Sankeys. The perks come with accommodations near their new job, a monthly salary and a great resumé booster.

Metro World News caught up with Guetta while he was helping mentor the DJ students.

How is Ibiza right now?
Ibiza is amazing. Ibiza is a miracle because it's supposed to be an international crisis, and this island is packed. Every show is packed, and this seems like the kind of place, I'm really wondering, I think people are coming to a different planet to party here.

I know you're working with Burn studios Residency program. Why was it so important for you to help out with this program?
Burn studios have been amazing to me. We did a movie together called Nothing But the Beat. Of course I was happy to participate and come here for such a positive thing. They are helping DJs to achieve their dreams. To me it's wonderful to be part of it, so that's the reason why. I don't feel like, of course, they're up and coming in that context, but they're the same passionate people. I feel like I'm one of them, and we're making music together.

You're such a big superstar, and you're the top DJ of 2012 according to the DJ Mag 100. Why did you want to help younger DJs?
We also share the same passion so for me, it's not about how famous you are. I did it also before with people like Afrojack and Nicky Romero… I do this because if someone is talented and I think they deserve to be in the spotlight, I'm happy to help. It's not like I'm afraid of competition. The better music is the more happy I am so I'd try this with Burn and also without Burn.

How has the electronic music scene changed since you first started at 17?
First I started to DJ before house music. (Chuckles) I know it sounds crazy but there was a moment where there was no house music! And, then I started rising from the underground with the parties that I was doing — like underground gay parties because house music was born in gay clubs at the beginning and then it became the cool, hot thing and then it became trendy and then it became popular. That's where it is right now.

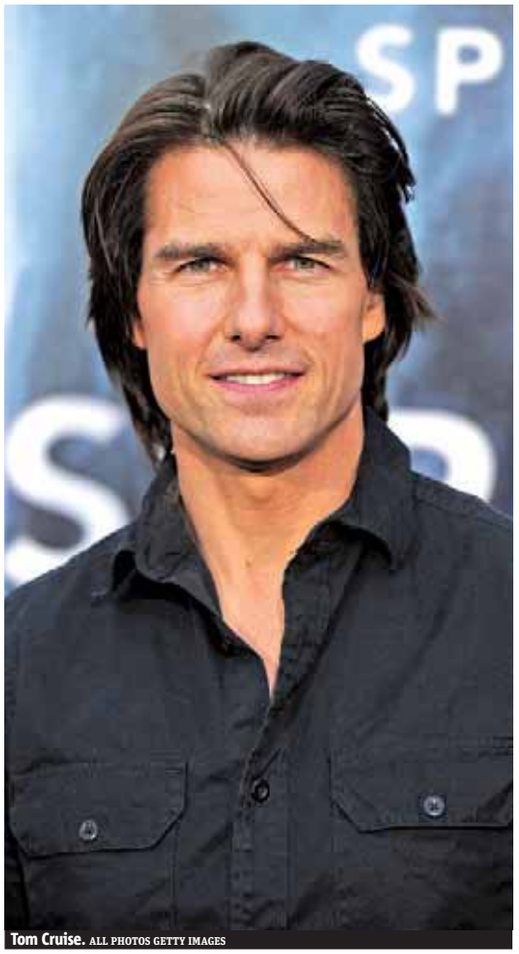
It makes me very happy. I always tell people it was underrated. I never understood why the global community was not as big as rock, pop and now it's happening. We're becoming the biggest musical movement on the planet.

The more you listen to electronic music, the more you can hear influences from rock and hip hop. Do you think it's so popular because it's influenced by all these styles of music?
You know, we're just trying to make the people dance so there's many ways. Even inside my own community there's drum and bass and different styles of music. But if you ask me, probably the moment I started becoming really successful is when I started to create the twist between hip-hop and electronic music, and this is also the moment that not only did I start to be successful, but our music started to explode in the U.S.. More people listened to it, and yes, I love electronic but I listen to different kinds of music and lots of different jams. I believe there's good music and there's bad music. I don't believe in other genres really.

Who is someone that people would be surprised you enjoy listening to?
I don't think that people would be surprised, but a few years ago, when I said I would listen to hip-hop when I was at home, that was surprising because before I made those jams we were supposed to be enemies, which I think is crazy.

How do you pick your collaborations?
I just work with people I love. I'm a DJ, and that's a job. I make music as a hobby, it's a craft I've been very successful (at).

What was your favourite all time moment in your DJ career?
There was a few ones. Playing for the Carnival in Brazil or seeing our music exploding in the U.S., you know and really witnessing this. Creating my own parties in Ibiza and being successful there, and playing these concerts that make House music. All those moments are wonderful. METRO WORLD NEWS



Tom Cruise. ALL PHOTOS GETTY IMAGES

Tom Cruise gets first visit with Suri since divorce

Tom Cruise had his first visit with daughter Suri since he finalized his divorce settlement with Katie Holmes, according to Us Weekly.

The actor flew overnight from the California set of Oblivion to spend time with the six-year-old in New York, where paparazzi spotted Cruise carrying Suri around, her head buried in his shoulder.

"Katie wants to make sure the visits are in the context of him being a parent figure," a source recently told the magazine. "He adores Suri, but now he's afraid he won't be able to have a close relationship with her."

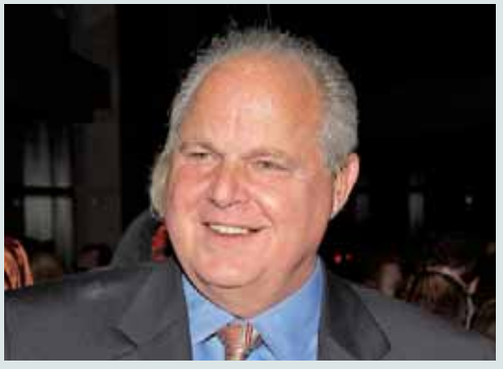
Quote

"Katie wants to make sure the visits are in the context of him being a parent figure." Source

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Limbaugh trying to get a rise out of Dark Knight fans

THE WORD
Monica Weymouth
scene@metronews.ca

Rush Limbaugh is like a cat on a diet — it's best to ignore his constant whining and pawing until it's truly impossible to read the paper in peace.

Unfortunately, today is one of those days, so you'll have to excuse us as we tune in to his thoughts on The Dark Knight Rises.

On his Tuesday radio show, Limbaugh laid out an impressive conspiracy theory, even for him: The villain of the latest Batman flick is named Bane, which he believes is a reference to the venture capital firm presumptive Republican presidential candidate Mitt Romney worked for. Take it away, Rush.

"Do you think that it is accidental that the name of the really vicious fire-breathing, four-eyed whatever in this movie is named Bane?" he asked. "A lot of people are going to see the movie — and it's a lot of brain-dead people, entertainment, the pop-culture crowd — and they're going to hear Bane in the movie and they're going to associate Bain. The thought is that when they start paying attention to the campaign later in the year, and Obama and the Democrats keep talking about Bain, Romney and Bain, that these people will think back to the Batman movie — 'Oh, yeah, I know who that is.'"

Rush, we're going to excuse the "brain-dead" comment in the hope that it's a zombie reference — we mindless pop-culture people like our zombies.

But we also have to point out that the character of Bane first surfaced in the 1993 comic and also appeared in the 1997 film Batman & Robin.

Now, as for Heath Ledger's spectacularly, award-winningly deranged Joker? We can't promise there wasn't a little GOP inspiration there.

Jennifer Lopez

Lopez looked through Casper when they first met

In his first public comments about his relationship with Jennifer Lopez, Casper Smart admits he didn't see fireworks the first time they met.

"I don't think it was for either of us," Smart says when asked by Good Morning America if it was love at first sight for him and Lopez.

"It was just very natural how it happened. There was nothing before, no flirting, nothing."

Twitter

@lindsaylohan
its interesting to orchestrate a sex scene w/forks & spoons

@channingtatum
I think all thongs are "interestingly" uncomfortable and hilarious.

@BrettRatner
Who knows where I can buy this round sauna with a window for my house?

@normmacdonald
A dingo punched my son in the face for not doing his homework.

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SHOPPERS DRUG MART

Licence to kill... in style

New Bond film Skyfall marks 50 years of girls, gadgets and 007 charm. Here, the film's costume designer Jany Temime talks tight trunks and getting up close and personal with Daniel Craig's 'perfect body'

RICHARD PECKETT
life@metronews.ca

Since James Bond first hit the screen in 1962's Dr. No, 007 has been privy to a bevy of top tailors and international designers. The latest is Jany Temime, costume designer of this fall's Skyfall — and long-time Harry Potter costumer. She's charged with bringing Bond into 2012 while respecting his legacy.

"James Bond is such an iconic figure, so in one way you have to modernize it, but on the other side you have to respect people's expectations," she tells Metro.

Daniel Craig is the sixth Bond to step into the breach and puts his body on the line for Queen and Country with the good fortune of having Tom Ford's tailoring as his body armor of choice. "We decided to settle for something very body-conscious in muted colors like soft blues and grays. First, he has a lovely body," she says, with a laugh, "so it was quite interesting to use it and second, it helps to follow all his movements."

The French-born designer assures me that she took inspiration from the '60s, with a nod to the first Bond played by Sean Connery. "It has a modernized '60s allure but not boxy like a suit from that era. The suit has narrow lapels, high-waisted, tight trousers that just break on the shoes and cut in lightweight fabrics such as fine wool and mohair."

Tight tailoring and a fixed glare, ready for action SONY

Body-skimming tailoring is one asset that Bond has never been shy of bearing all for the camera — and we'll see his legs in this installment.

"His light blue shorts, they're very iconic of Bond and why not? Daniel Craig has the body to use them," she lets slip. When asked if they're similar to Connery's Dr. No trunks, she responds, "Well, let's just say that the shape and the colour could be similar. I'm not allowed to tell you that, I suppose!"

Designing 007

Designing 007: 50 Years of Bond Style, a new exhibit in London, features the looks of Bond past, including:

Matchy-matchy Bond girls

Dr. No and Die Another Day.

Gadgets and gizmos

Jaws' Teeth: Moonraker & The Spy Who Loved Me

The Golden Gun: The Man With The Golden Gun

Here's a look at what else we'll see

Eve, the co-worker

"She's the colleague that you shouldn't play with; that very sexy 'girl next door' kind of look," says Temime. Gents, it certainly appears that the high-octane action scenes are not the only thing that'll excite as the designer enthuses, "Eve (Naomie Harris) has the most amazing body and the most beautiful bottom (gasps). I used bright colours, a yellow skirt, orange dress and beige because of the colour of her skin – it brings a warmth and a flash in the film."

Sévérine, the Bond girl

"I was inspired by the film noir and the '50s — she has that aura of classic beauty," says Temime. It seems Sévérine, played by the sultry Bérénice Marlohe, is a femme fatale who shares traits with Eva Green's Vesper Lynd (Casino Royale) as the costume designer describes: "She is somebody who you never quite understand but you know that she has had a heavy past." She adds, "Sévérine, she's a bad girl."

Temime on Bond baddie Silva

"Oh, Javier (Bardem) is completely different. He has a touch of sexual danger," says Temime, who continues the movie's sexual trope. Although Bardem's role in the film is being kept hush-hush, he does at one stage appear like many Bond villains before him with a blond hairdo. The costume designer reveals: "His suits are from a Savile Row tailor. If James Bond is an English gentleman in every situation, Javier is not in all."

3 LIFE

Fashion Flash

Famous fanny: Gaga bares bod for fragrance

Lady Gaga has revealed her body yet again in an advert for her first fragrance Lady Gaga Fame. The ad campaign, shot by world-famous fashion photographer Steven Klein, features a reclining nude Gaga wearing a black mask as she holds the gold-topped fragrance bottle in an outstretched hand. Luckily for Gaga, her intimate areas are dutifully hidden by what appear to be mask-wearing, thong-clad miniature mythical warriors — 'Little monsters' perhaps? The scent's ingredients are listed as Tears of Belladonna, crushed heart of tiger orchidea, with a black veil of incense, pulverized apricot, and the combinative essences of saffron and honey drops." Bizarre, yes, but suitably kooky.

METRO WORLD NEWS

On the Web

The high-tech swimsuits of the last Summer Olympics have been banned, but Canada's swimmers say it's still an adventure squeezing into their tight racing suits. Scan the code to watch the video.

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@Jeanne_Beker: WHAT a steamy summer! What's the HOTTEST outfit you own?

@blackbaronmillo: Here I am in my birthday suit! Skinny dipping in the lake @DomaineSummum in Mont Tremblant. #ete2012 xo

@Firezombie
my bday suit :P

@Jeanne_Beker
A very popular answer! Hopefully, it's lightweight and wrinkle free!

@sexypartyanimal
my booty shorts are ripped up the sides right to the belt line :P #whynot lol

@EricaOnFashion
probably my dress from @shopbop designed by #siennamiller - its short & sexy - plus I got it 70% off! #dealsareHOT :)

@Jeanne_Beker: In Montreal, sewing up @EDITbyJeanneB for spring with @thehudsons bayco Stay tuned for YUMMY colour!

@Jeanne_Beker: An impromptu Sunday afternoon concert at Chanteclair--my farm--with the wonderful Greg Wyard.

METRO CUSTOM PUBLISHING

SAVOUR SEASONAL SPLENDOURS THIS WEEKEND

Get fresh this weekend at one of the many farmers' markets in Peterborough, Kawartha Lakes and Northumberland – the land of 1,000 perfect getaways.

Located only a short drive east from the GTA, the region grows an impressive variety of world-class produce. With an abundance of clean air, fresh water and rich farmland, the area boasts agricultural products that rival the world's finest.

That's why it will be love at first bite when you taste the many seasonal splendours on display right now, ranging from crisp green beans right off the vine to delicious, wild blueberries – perfect for pies! On the savoury side, shop for sausages, local beef and lamb. You may even discover emu meat!

Look for artisan-made goat cheese to put on homemade, gluten-free bread, jam preserves to spread on fresh-baked scones, and varieties of honey to glaze your pork ribs.

Farmers' markets are open throughout the region every Saturday until Thanksgiving. If driving along Highway 401, check out the seasonal produce and handmade crafts in Port Hope, Cobourg and Brighton. Along the 35/115, visit the stands in Lindsay, Bobcaygeon and Peterborough. In the Rice Lake area, discover markets in Hastings and Campbellford. Further north, Kinmount and Apsley offer charming village backdrops to your shopping experience.

Come savour the season this weekend in the region that has it all – Peterborough, Kawartha Lakes and Northumberland. After only one visit, we're sure that "Our Favourite Place" will become your favourite place.

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It's love-love for Sharapova

Sporting style. Maria Sharapova and David Koma make the perfect pairing. We take a sneak peek at what the world No. 1 will be wearing to tennis' red carpet occasion

METRO WORLD NEWS
life@metronews.ca

"No, no, not nervous. I've been lucky to work with quite successful women in the past", says a relaxed David Koma on dressing Russian tennis players Maria Sharapova and Anastasia Pavlyuchenkova. An understatement, yes, but there's not a hint of arrogance in the voice of the London-based designer as he rattles off megastars wearers such as Beyoncé (as seen at the MTV Europe Music Awards), Jennifer Lopez, Rihanna and Kylie Minogue.

The Georgian-born designer seems to know exactly what women want. His body-conscious dresses emphasize the hourglass figure — perfect for body-confident, powerful women.

Beauty for Koma isn't just physical: the women he dresses all share his confident but not cocksure attitude. He says of Sharapova, "She is number one because she has always worked incredibly hard, she's humble — and I think that's what makes us a good match."

The sketch / CONTRIBUTED

Quoted

"A woman has to fit with my aesthetic—it needs to be a natural process," says Koma.

Koma GETTY

Sharapova GETTY

Celebrity collaborations are something that Koma insists must happen organically. He didn't pursue Sharapova; he was in fact approached by her stylist last year. He explains, "A woman has to fit with my aesthetic — it needs to be a natural process." Koma adds, "tennis players look good in sportswear and I reference this style in my work, so it fits."

It also helps that the young designer is an avid tennis fan and he's given some thought to a future sportswear line. In Koma's words, "I think music, sport and fashion are very much related. If it's true to the designer's aesthetic and it forms part of their identity, I think that it works perfectly."

Koma does have his moments of almost boyish joy when he coyly says: "She's (Sharapova) an extremely beautiful woman and she's number one."

Although he's never wanted to be a slave to celebrity endorsement, Koma admits: "It's working for me and I do get a kind of double pleasure when I see my designs on a celebrity."

Designs, of course, that we had the pleasure of seeing on both Sharapova and Pavlyuchenkova last month at the pre-Wimbledon party hosted by the Women's Tennis Association. Although Koma, who spent much of his early life in St. Petersburg, does hint that Sharapova's look will be from the autumn/winter'12 collection. He lets on, "It will be made of a lighter material like silk crepe de chine and the sheerness will be in the right places. Perhaps on her beautiful shoulders, or on her back and some detail on the sleeve."

The look. GETTY IMAGES

Designer-player pairings

- Serena Williams in Burberry
- Li Na in Giles Deacon
- Caroline Wozniacki in Stella McCartney
- Ana Ivanovic in Matthew Williamson
- Petra Kvitova in Mulberry

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Urban living in Vaughan

Expo City II is the second phase of the largest urban project in Vaughan. HANDOUT

Meet the condo

- **What.** Expo City II
- **Builder.** Cortel Group
- **Location.** 2900 Highway 7
- **Pricing.** Starting from the mid-$200,000s
- **Website.** expocity.ca
- **Phone.** 905-597-7877

The project overview

Expo City II is the second phase of the largest and most impressive urban project in Vaughan's history, boasting a 37-storey façade that will house 351 units. The five-tower development will transform 300 hectares of commercial and industrial space into a metropolitan hub.

Location and transit

Located in the heart of the soon-to-be-built Vaughan Metropolitan Centre, Expo City II is just east of Jane Street at Highway 7, close to the intersection of highways 400 and 407. It's adjacent to the YRT bus route, which gets you into the downtown core within 45 minutes.

In the neighbourhood

The building campus features an urban square, retail galleria and covered walkways that will connect residents with a transformed Avenue 7. A selection of shops and services include restaurants, cafés and supermarkets, with conservation areas and parks nearby.

Building amenities

Residents will enjoy a 20,000 sq. ft. amenity space including a fitness centre equipped with a yoga studio and indoor pool that opens to a rooftop garden. Expo City's urban square will feature wide sidewalks, bike paths and retail frontage.

DUNCAN MCALLISTER

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5.24%	TD	3.20%
5.24%	NATIONAL	3.20%
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Rooftop surfing

Building great cities by giving back

BRYAN TUCKEY
President and CEO of the Building Industry and Land Development Association (BILD) can be found at twitter.com/bildgta), (facebook.com/bildgta), and bildblogs.ca.

The building and development industry is often seen as a key economic contributor to our cities. Time and time again we talk about job creation, community development and improving the standard of living for GTA residents.

But what often gets lost in the mix is our members' dedication to the communities that help make us one of the most successful industries in the world.

In a bi-weekly electronic newsletter BILD sends out to our members, we often recognize the efforts of those in our industry who give back to the community. These efforts include fundraisers, volunteer work and charitable donations, and range from hundreds to millions of dollars raised.

For the past nine years, BILD has been a proud supporter of Habitat for Humanity Toronto — our community partner working to build affordable homes for low-income families.

Today is the 20th anniversary of our annual Charity BBQ — a fundraising event attended by more than 500 industry leaders, with all proceeds going to Habitat.

It's held right on the front lawn of our office, which also serves as a finish line for the annual Race for Humanity.

The race, currently in its third year, will feature 25 teams as they compete in an Amazing Race-style scavenger hunt through the streets of Toronto.

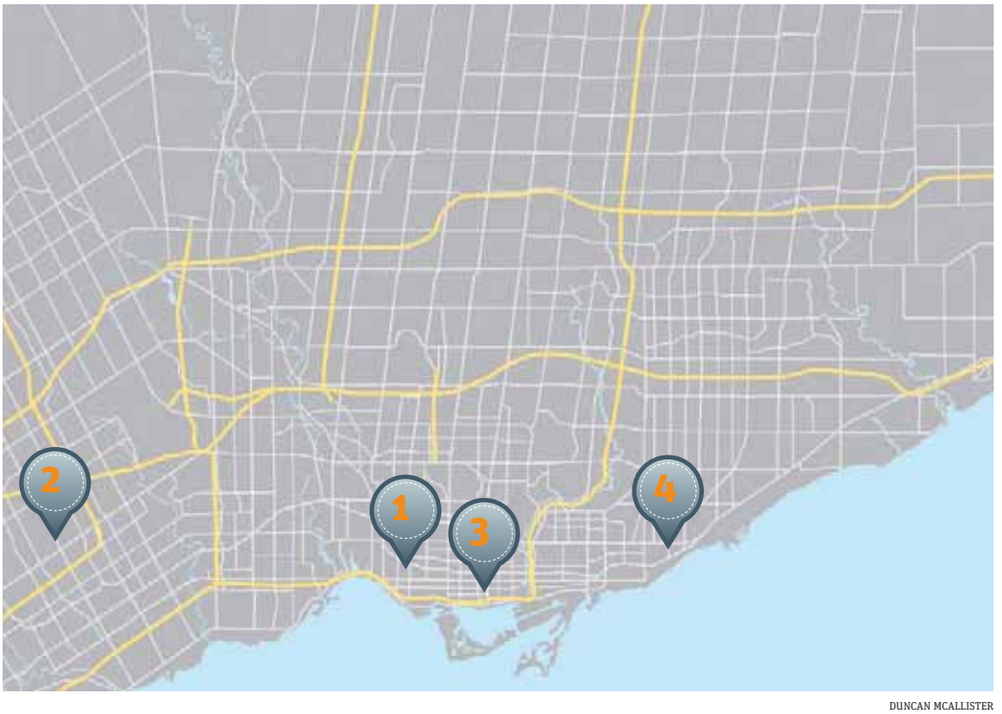
Already a winner of two consecutive Community Spirit awards by the National Association of Home Builders in both Orlando and Las Vegas, the event has solidified itself as an integral part of the Charity BBQ.

Last year, our members helped to raise $32,000 for Habitat for Humanity Toronto and we hope to do even better as today's festivities roll out.

The Race for Humanity and Charity BBQ combine to create one of BILD's best-attended events, which says something about the commitment our members have to the community and Habitat for Humanity Toronto.

Building great cities is about more than just bricks and mortar. It's about caring for the people who help make it great. I'm proud to be part of an industry that works with such dedicated individuals and I look forward to thanking them for giving back to this great city.

What's hot on the condo market?



DUNCAN MCALLISTER

1. 109OZ condos

Street art play day

Enjoy free live music, arts and crafts. Head on over to 109 Ossington Ave., July 21, from noon to 6 p.m. Visit 109oz.com

2. Mississauga condo

Head west

Open house: 18th floor, 2 beds, 2 baths. Check it out at 2545 Erin Centre Blvd., July 21, from 2 to 5 p.m. Call 1-866-336-9637.

3. King West condo

Penthouse living

Open house: 2-storey, 1,150 sq. ft. penthouse. Check it out at 550 Front St. West, July 21 and 22, from 2 to 4 p.m. Call 416-236-1241.

4. Guildwood Village

Eastern promises

Open house: 3 beds, 1,750 sq. ft. townhouse. Don't miss the open house at 28 Livingston Rd., July 21 and 22, from 2 to 4 p.m. Call 416-443-0300.

Brad Lamb talks bubbles, 'burbs and bidding wars

Housing market. Metro gets the scoop from Toronto's condo pioneer on what buyers and sellers can expect next

DUNCAN MCALLISTER
life@metronews.ca

Brad Lamb. HANDOUT

We've all seen the billboards and heard of the flamboyant, larger-than-life persona that is Toronto condo pioneer Brad Lamb. This week he reveals to Metro some of his market premonitions.

Adamant there is no bubble in the Toronto market, Lamb says it's still an affordable market.

"People may not feel it's affordable because they can't afford it, but that doesn't mean that it's not affordable. The resale business of real estate, whether it's condos or houses, is still relatively strong. It's a seller's market. The average time to sell is somewhere around 35 or 40 days currently. In the United States it's like 300 days."

When it comes to investors and bidding wars on new units, he says what's driven the new condo market has been investors. "So when you saw lineups of people waiting to buy units, there was a reason for that. Those people would be making a 200 or 300 per cent return on their money, and that makes anyone want to line up."

Lamb anticipates a slowdown in new construction as foreign investment dollars dry up.

"For whatever reason, in the last three or four months, that has cooled off and no one can really figure out why. But it has, and it's made everyone who is developing in the city back off on plans to launch new projects and back off on plans to buy new development sites, so what you see is what you get now."

Brad Lamb just loves the suburbs. Not.

"I hate the Canadian suburbs. They embarrass me that we've done this to our beautiful countryside. We're building these weird mutant houses that borrow from five styles that were popular 100 years ago and none of them look good together and we sell these to people that don't know any better because they don't understand anything about architecture and don't care to."

And despite the forest of cranes we see across our skyline, Lamb anticipates an actual shortage of condos in the near future. "There's no overhanging, unsold inventory of condos that is going to cause a supply glut. We cannot build enough units because of the process that we've developed in Canada where we have to sell it and then we build it. We're going to underserve the demand and have a price spike in two years. If we actually could build enough units on spec based on the real demand, like they do in the United States, we would probably be able to satisfy it."

Quoted

"No one's building vacant towers. This country is very good at preventing that because you can't build a building unless you're 70 to 80 per cent sold. And with very large deposits, you can't walk (away) from condo deals in Toronto..."

Brad Lamb, on building speculation

A recent controversial magazine article gives Toronto's condos a bad rap. We asked Lamb his take on the leaky walls and falling windows.

"I read that article. It's absolute, unfiltered horseshit! In the grand scheme of things, there's millions of window panes and balcony railings in the city and eight fell. It's obviously horrible for someone who is walking along the street and gets a piece of glass in their head, but you're never going to build to a standard where that won't happen."

Cleaning tips

Tackle household germs

Your kitchen sponge may have more germs than your toilet. ISTOCK IMAGES

What are the most common areas for germs in the average household?

CHARLES THE BUTLER
askcharlesthebutler@metronews.ca
For more, visit charlesmacpherson.com

You might be surprised to learn there are more germs in the average household kitchen than in the bathroom!

Why? We know about the bacteria in our bathroom and make more of an effort to clean it. But we often don't see or understand bad bacteria in the kitchen or in the remainder of the house.

Here are four common areas that harbour germs and bacteria around your home:

1. The kitchen sponge: Replace often and wash daily. You can put it in the microwave for one minute on high or in the dishwasher with the full drying cycle to kill bacteria.

2. The remote control: Did you know in hotels the remote is the one item with the most bacteria? Use a cotton swab with alcohol weekly.

3. The telephone and cell phone: Use a cotton swab with alcohol weekly.

4. Door knobs of the bathroom and front door: These also need to be cleaned weekly.

Legal services

Got the old invoice blues?

I purchased a condo three-and-a-half years ago and I was reviewing the documents that my lawyer provided because I was thinking of selling the property. I opened up the reporting documents and was flipping through the invoice when I noticed a charge that I didn't recognize. It was for legal advice with respect to an assignment of my agreement that was done by our lawyer, but I thought it would be included in the normal services. I have approached my lawyer and even had a meeting with him and he is adamant that the services were performed and therefore the charge was relevant. What should I do?

LEGAL MATTERS
Jeffrey Cowan
home@metronews.ca

This is where I need to explain something about legal services. First, if there are necessary extras that need to be performed for your transaction, you should expect to be charged and pay a reasonable amount for those services.

The addition should be discussed with you but if it was a minor charge such as an assignment and you were aware of the work that needed to be done, then it's above board.

Second, you have a month after receiving a solicitor's invoice to assess the bill and question the charges. It is important that you review the documents you get from your lawyer for any inconsistencies you may uncover.

You can't expect anyone to be responsive to your concerns after so much time has elapsed over a small charge.

Lawyers, and their billing techniques, are not angelic, but most are honest and strive for valued relationships.

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How to work from home — in style

Design meets function. Consider wood tones, fabrics, furniture and storage as part of your decorating scheme

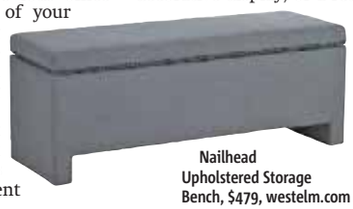
DESIGN CENTRE
Karl Lohnes
home@metronews.ca

Beginning in the fall, I will be working part-time from home. To accommodate this I need a small desk area for my laptop and storage, which will all need to go in my living/dining room. Any suggestions on how this could work?

The last thing you want is to set up an obvious office in the middle of your entertaining space, especially when you won't be using it full-time.

I suggest creating a desk area that blends with your current decorating scheme. Consider wood tones, fabrics, furniture styles and method of storage as your key components when deciding how to decorate.

An option for a discreet, non-traditional desk could be something as simple as a modern Parson-style console table, an antique secretary china cabinet (that also offers decorative display) or a retro-looking desk that is both sculptural and practical.



Nailhead Upholstered Storage Bench, $479, westelm.com

Organic Chair, $278, homesav.com

A casual home office desk can be something as simple as a sofa table. HANDOUT

If you are only using an office chair for an hour or so each day then choose something comfortable yet super-stylish, rather than the standard five-wheeled executive chair.

Match the chair's style to the desk; if you've chosen a retro desk, then choose a retro chair. The chair should blend well enough into your living room's decor scheme that it could be used as extra seating without looking out of place.

There are two types of storage: decorative storage that is close at hand (for monthly files, receipts and reading materials) and a long-term storage option such as a locker or an upper shelf in a closet to hide taxes, old files and rarely used office supplies.

Crane Desk, $765, crateandbarrel.com

Once you choose your desk, chair and storage, the fun begins. Treat yourself to a few accessories, such as wall sconces, artwork, lamps and other decorative accessories, that blend with your living room's decor and finish off the new work area.

Want to look professional during a Skype conference call? Make the background a neatly arranged bookshelf (with books), not a messy kitchen with your cat on the counter.

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Monarch

A double arbor is framed by Laburnums. DEAN FOSDICK/THE ASSOCIATED PRESS

Gardeners beware: Some climbing plants can be thugs

Choose carefully.
Some plants can be invasive, but don't let that discourage you

Few plants adorn arbors or trellises as beautifully as flowering vines. They also can enhance the landscape with fragrance, provide shade and screen unsightly views.

But be careful which varieties you choose. Some vines can be thugs.

Vines are vigorous growers, which can be both good and bad for impatient gardeners. Fast-growing varieties provide thick barriers that screen well-tended yards from unpleasant backdrops. But they also might overwhelm narrow planting beds and spread beyond their intended sites. That means constant monitoring and frequent pruning.

"There's nothing like vines for softening garden fixtures," said Bob Polomski, a horticulturist and arborist at Clemson University in Clemson, S.C. "Most are perennials and come back every year, heavy with blooms. They also provide a cooling shade, which is especially welcome in the South."

Knowing where to place vines is critical, Polomski said. "Wisteria produces beautiful blooms, but that attracts bees." he said. "Putting vines around mailboxes may not be such a great idea for mail carriers, either."

None of which should discourage property owners from adding vines to their landscape. They simply need to plan first.

Vines climb in different ways, which may help determine which variety to choose: clinging, twining or sprawling.

Clinging vines, such as Virginia creeper, trumpet vines and ivy, have adhesive tendrils or rootlets that hold them to flat surfaces as they grow. That can make them difficult and even damaging to remove if the vines are attached to shingles or wood siding.

Twining vines, such as clematis, jasmine, wisteria and morning glories, spiral upward, looping around poles, latticework or fences.

Roses, bougainvillea and sweet peas are sprawling plants that often must be tied to a trellis, especially when getting started. THE ASSOCIATED PRESS

Tips

A few things to consider when adding plant supports

- Give vines space to breathe to prevent mould and decay. Set freestanding trellises a few inches away from structures.
- Opt for strength and size when setting up an arbour, trellis or pergola. Vines can live for decades and grow heavy with age.

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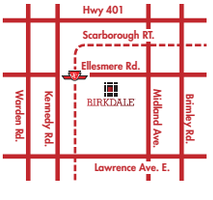

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Monarch

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Glam, glitz and a spot of bad taste, the '70s are seeing a bold resurgence. Here are eight '70s-inspired items to get you started on a hunt for similar kitsch, on the cheap.

METRO WORLD NEWS
style@metro.lu

8 Groovy-baby looks for your home

1

Eames lounge chair by Herman Miller

$3,629, shopgrounded.com

2

Marimekko Noitrumpu King duvet cover

$62, crateandbarrel.com

3

Astro Lava lamp the original

$126, mathmos.us

4

Vintage Louis Poulsen unispot lamp circa 1970

$158, classic-modern.co.uk

5

Wallpaper from the 70s: Apollo

$41, wallpaper-fromthe70s.com

6

Ikea Stockholm figure rug

$506, ikea.com

7

Eero Saarinen tulip table round

$1,176, swiveluk.co

8

Finishing flourish cushion

$151, anthropologie.com

Early morning watering is best — and your flowers will thank you for it. ISTOCK IMAGES

Quench your garden's thirst

Scorching heat.
Dismayed to see your plants wilting under the hot summer sun? Proper, timely watering is an easy solution

The hot days of summer have settled into many areas of the country. Add a lack of rain into the mix and gardens are wilting under the soaring temperatures.

Gardeners who did a lot of back-breaking work in the spring and spent money on plant material may be dismayed to see their investment withering.

But the solution is relatively easy — proper watering is key to preventing your plants from becoming scorched, says gardening guru Lindsay Drake Nightingale.

Water evaporates quickly when it's hot so she advises watering containers and gardens in the cool of the morning or evening, though she prefers early morning.

"It gives you a chance to enjoy your garden at its best — it's always really nice in the morning — and then the garden appreciates it if you water it first thing. It's better for the plant material too. It can absorb the water easier if it's not so stressed by the heat," she said.

Keep the pests away

Plants become perfect fodder for pests in the heat because they become more tender with lack of water absorption. Another advantage of morning watering is that "you can spot the pests and it's easy enough to pull a snail off of your hosta or slugs off of whatever," said Drake Nightingale.

Newly planted need more

Bump up watering to twice a day — morning and evening — for newly planted material, including young trees, and make sure water goes into the soil surrounding the plant rather than on its foliage.

Water just until the soil is damp to the touch and not so it is pooling on the soil's surface.

A hose with a nozzle that showers is the best way to give plants a drink. Soaker hoses and drip irrigation systems work well too.

She only recommends using an oscillating sprinkler if the space is wide enough — there's no point wasting precious water on the sidewalk or driveway. Water for about 20 minutes. The contents of rain barrels can be used to water flowers and other plant material.

Concentrate on watering perennials and annuals

"Lawns ... tend to go dormant and then as soon as the cooler weather comes they start to green back again with a little bit of rain," said Drake Nightingale. "Annuals tell you when you haven't got enough water on the garden because they wilt instantly. But they come back almost instantly with watering."

Some heat-tolerant annuals are petunias, marigolds, snapdragons, zinnias and dahlias.

Drake Nightingale also likes dragon wing begonia and annual euphorbia, which can withstand hot dry conditions. Any of these can be used as infill where spring perennials have died back.

THE CANADIAN PRESS

Quote

"Annuals tell you they haven't got enough water because they wilt instantly."

Lindsay Drake Nightingale, gardening guru

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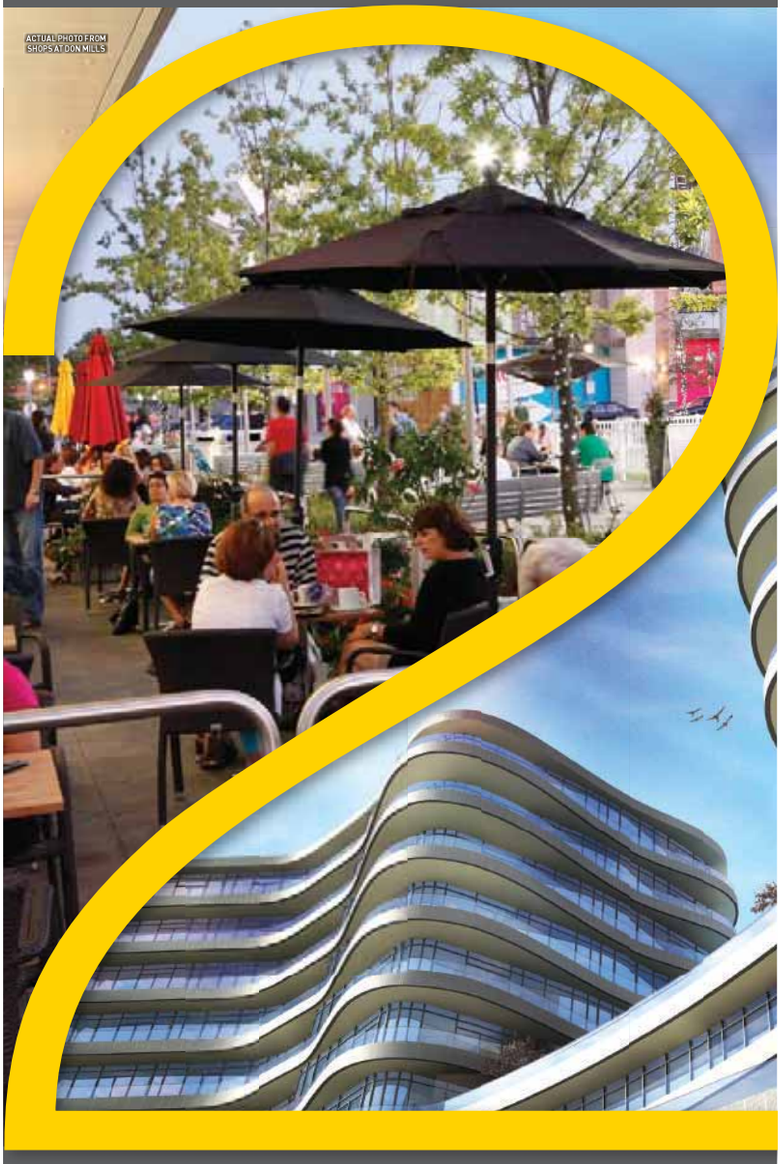

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Abigail Gehring hangs laundry outside her home in West Brattleboro, Vt. TIMOTHY LAWRENCE/THE ASSOCIATED PRESS

Letting it all hang out: Air-dry your laundry to save dollars, energy

Tips. For those of us with more experience rebooting hard drives than hanging socks, here's how to air-dry the right way

Think clothes lines are a relic of a bygone era, a time when our grandmothers slaved over their dainties with stiff birchwood pins?

Think again. Hanging clothes is trendy, due in no small part to the rising costs of, well, everything. Between soaring utility bills, concerns for the environment and a growing interest in traditional home arts, forgoing the dryer is the newest (oldest) way to tackle laundry.

But how does one do it properly? Abigail Gehring, author of a number of books on green living skills, has this advice to get you started: "The biggest complaint people have with line-dried clothes is that they're stiff and wrinkled."

You can avoid this problem by giving your clothes a good shake, then hanging them with a little space between each item for maximum air circulation.

Gehring warns against using fabric softener, saying that half to one cup of white vinegar added to clothes in the rinse cycle will make them lighter and fluffier. "You might notice a faint vinegar smell on your clothes," Gehring says, "but that can be easily masked by adding a couple drops of essential oil to the wash."

The life of your clothes can be extended by hang drying, but there are still ways to stretch your favourite shirt if you're not paying attention. Gehring advises against hanging stretchy knits because they could lose their shape. Instead, she suggests laying them on an elevated drying screen.

Laundry tips

- For less finicky knits, hang shirts upside down with pins on the bottom-side seams to reduce clip marks.
- Pants should be draped at the knees and clipped on the sides to keep their shape.
- To avoid fading and keep clothes soft, hang your clothes in the shade, as direct sun can bleach fabrics and leave clothes stiff.

Apartment dwellers can hanging clothes on shower curtain rods, drawer knobs and radiators. "Of course it's best to have a laundry line, but I've used curtain rods inside and tree branches outside," Gehring says. "Just don't hang your clothes on wooden furniture," she warns, "or you'll stain it."

THE ASSOCIATED PRESS

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Cigarettes

One more reason to butt out

QUEEN OF GREEN
Lindsay Coulter
green@metronews.ca

Are there harmful chemicals in discarded cigarette butts?
-Craig of Montreal

Cigarette butts leach chemicals into the environment. ISTOCK IMAGES

Flicked out of car windows, stomped out on sidewalks and strewn about our parks and beaches, several trillion cigarette butts are littered worldwide each year.

And cigarette butts can leach chemicals such as cadmium, lead and arsenic into our environment within an hour of contact with water.

About 95 per cent of cigarette filters — added in the 1950s — are made of cellulose acetate, which is a plastic that degrades slowly. And the filter is designed to accumulate toxins. A butt may contain up to 60 known human carcinogens, including formaldehyde and chromium.

Cigarette butts have been discovered in the stomachs of sea turtles, birds and dolphins. As well as exposing animals to hazardous chemicals, they can also cause digestive blockages. When the butts are lodged in an animal's intestinal tract or collect in the stomach, they can cause death.

Nicotine has also been shown to be lethal to certain species of fish and other aquatic organisms. A study by scientists at San Diego State University found that a single cigarette butt containing a small amount of unburned tobacco was enough to contaminate a litre of water and kill half the fish swimming in it.

Some estimates indicate that one in three cigarettes end up as litter. I believe it. Each September I volunteer with the Great Canadian Shoreline Cleanup to pick up more than 400,000 cigarette butts. They're one of the top five litter items, next to plastic bags, food wrappers, caps and lids, and cutlery and dishes.

The good news is that many cities are trying to reduce cigarette butt pollution — and reduce fire hazards and improve people's health — by banning smoking in parks and at beaches. Thanks to the cities of Vancouver, Edmonton, Ottawa and Peterborough for leading the way!

SHOPPERS DRUG MART
SEE WHAT'S NEW... CHECK OUT OUR LATEST OFFER ON PAGE 40

Superfood makes super pasta

Any variety of kale is fine in this super easy pasta dish as everything is cooked in one pot, says Sharon Hanna, author of The Book of Kale.

Feel free to use mature leaves as they'll be whirled with goat cheese to create a strikingly green pesto that melts into the hot pasta. If you have calendula in your garden, be sure to garnish the pasta with some edible orange petals — nasturtiums work too.

This is suitable for vegetarians and those on a gluten-free diet if non-gluten pasta is used.

1. Bring a large pot of salted water to a boil. Add garlic and shallots and boil gently for 4 minutes. Add kale leaves and continue to boil for another minute. Watch the pot — you want the kale to remain bright green.

2. Using a slotted spoon, remove kale to a colander. Scoop out garlic and shallots and transfer them to the bowl of a food processor. Leave pot with water at a boil. Drop pasta into boiling water.

3. While pasta is cooking, squeeze excess moisture from kale. Add to food processor along with cheese, pine nuts, salt, pepper and lemon juice. Process while adding olive oil slowly, until mixture is creamy.

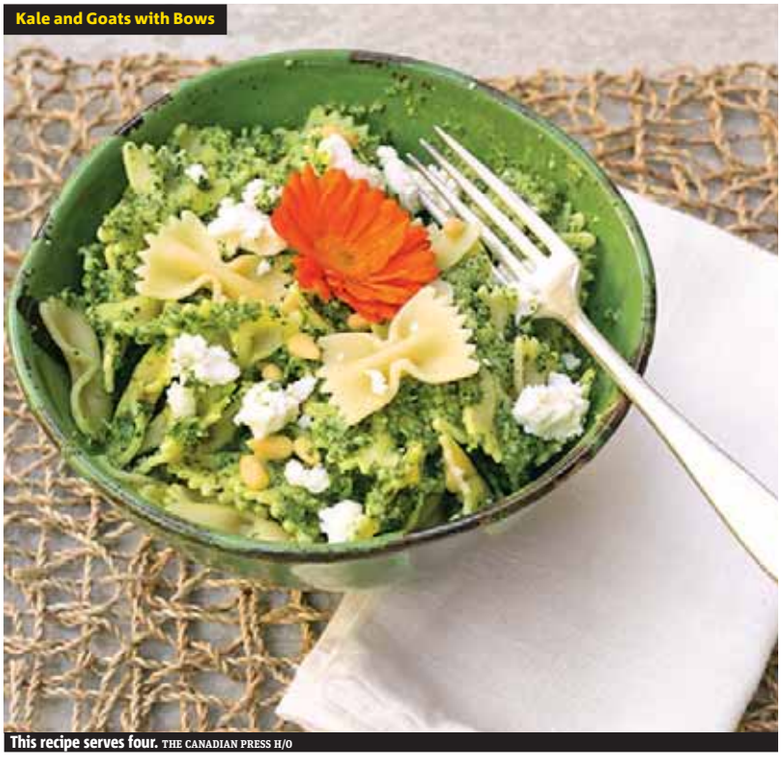
4. Let pesto mixture stand until pasta is cooked to the desired texture.

5. Drain pasta well and combine with puréed mixture. Before serving, sprinkle with extra goat's cheese and fresh thyme leaves, if desired.

THE CANADIAN PRESS/THE BOOK OF KALE: THE EASY-TO-GROW SUPERFOOD BY SHARON HANNA (HARBOUR PUBLISHING CO. LTD., 2012)

Ingredients

- 6 large garlic cloves, peeled
- 2 or 3 small shallots, peeled
- 2 l (8 cups) kale leaves, packed
- 350 g (12 oz) dried farfalle (bowtie pasta)
- 250 g (8 oz) soft goat's cheese, plus extra for topping
- 45 ml (3 tbsp) pine nuts
- Salt and black pepper, to taste
- 45 ml (3 tbsp) lemon juice
- 125 ml (1/2 cup) extra-virgin olive oil
- Fresh thyme leaves (optional)



Kale and Goats with Bows

This recipe serves four. THE CANADIAN PRESS H/O

Book of the week

Discover joys of a 'miracle food'

Kale has been lauded one of the most nutrient-dense greens in existence. Yet, many don't know how to make it taste good.

Sharon Hanna changes that with her book The Book of Kale, which offers more than 70 simple recipes for breakfast, lunch, dinner and snacks.

Wilted Kale with Caramelized Parsnips, Pizzocheri Noodles with Greens and Fontina, Kale and Potato Torta and Kale in Coconut Milk with Salmon Candy are all sure to blow kale skeptics out of the kitchen.

The book also provides tips on growing kale in your own backyard. **METRO**

Overlooked herb stars in Fried Sage & Parmesan Penne dish

This recipe serves four. MATTHEW MEAD/ THE ASSOCIATED PRESS

It's hard to not love an ingredient that loves fat.

And that's exactly what sage does — it partners perfectly with foods rich in oils and fats. That's why it is so common in hearty holiday foods. Actually, that's part of sage's problem too, and why it has a relatively low profile in American cooking compared to other herbs, such as basil and oregano.

In Italy, sage rules saltimbocco and osso bucco. But it's also a natural with butter-drenched pasta — like this one.

1. Bring a large saucepan of salted water to a boil. Add the pasta and cook according to package directions. Reserve 1/4 cup of the cooking water, then drain the pasta, return it to the pot, cover and set aside.

2. Meanwhile, in a small bowl, lightly beat the egg. Place the flour in a second bowl, then mix a bit of salt and pepper into it.

3. One at a time, dunk each sage leaf first in the egg, then in then in the flour. Shake off any excess flour, then set aside.

4. In a small skillet over medium-high, melt the butter. When it just starts to bubble, add the sage leaves and fry for 1 to 2 minutes per side, or until lightly browned. Transfer to a plate and set aside. Add the pine nuts to the skillet and toast in the butter that remains in the pan for 1 minute.

5. Drizzle the butter and pine nuts over the cooked pasta. Sprinkle in the Parmesan and use tongs to toss until melted. While tossing, drizzle in just enough of the reserved pasta cooking water to create a thick sauce. Season with salt and pepper.

6. Divide between serving plates, then top each portion with fried sage leaves.

THE ASSOCIATED PRESS

Ingredients

- 1 lb penne pasta
- 1 egg
- 2 tbsp all-purpose flour
- Salt and ground black pepper
- 12 large fresh sage leaves
- 4 tbsp butter
- 1/3 cup pine nuts
- 1 cup grated Parmesan cheese

Penne Bruschetta. No-cook sauce makes a perfect hot weather dish

This pasta dish will be a favourite for summer cooks as the sauce doesn't require cooking over a hot stove. This meal is fast, easy and a perfect pre-exercise dish.

1. In a large bowl, toss tomatoes with onion, basil, parsley, vinegar, salt, pepper and garlic. Let stand for at least 10 minutes.

2. Meanwhile, cook penne according to package directions. Drain well and toss with reserved bruschetta mixture.

3. Toss mixture with olive oil. Taste and adjust seasonings before serving. Serve warm or at room temperature.

THE CANADIAN PRESS/CATELLI HEALTHY HARVEST

Ingredients

- 1 pkg (375 g) whole-wheat penne rigate
- 625 ml (2 1/2 cups) chopped, ripe on-the-vine tomatoes
- 125 ml (1/2 cup) chopped sweet or white onion
- 250 ml (1 cup) loosely packed, chopped fresh basil leaves
- 125 ml (1/2 cup) loosely packed, chopped fresh parsley
- 15 ml (1 tbsp) sherry vinegar or balsamic vinegar
- 2 ml (1/2 tsp) each salt and pepper
- 4 cloves garlic, finely chopped
- 15 ml (1 tbsp) extra-virgin olive oil

4
SPORTS

NBA

Sources say Raptors will add Lucas III to backcourt

The Raptors, in a very roundabout way, are going to turn James Johnson into John Lucas III. According to league sources, Toronto will sign Lucas as the Raptors third point guard as soon as the trade of Johnson to the Sacramento Kings for a second-round draft pick finalized. Johnson still has to report to the Kings and pass his physical — considered a mere formality now — but until he does and his salary comes off the books to clear cap room the Lucas deal can't happen. The same sources that confirmed the deal are also adamant it has no impact on the short-term future of current Raptors guard Jose Calderon.

TORSTAR NEWS SERVICE

Mobile sports

The Brooklyn Nets' public courtship of Magic centre Dwight Howard has come to an end — for now. The Nets signed Brook Lopez to a four-year, $61-million US extension on Wednesday and the seven-footer says he's harbouring no hard feelings. Scan the code for the story.

Brett Lawrie is helped to the locker-room by a trainer and Blue Jays manager John Farrell after falling into the photographers' box on Wednesday at Yankee Stadium. JIM MCISAAC/GETTY IMAGES

Lawrie latest casualty on bad-news Blue Jays

MLB. Young third baseman takes tumble as Toronto completes miserable series in N.Y.

Quoted

"It's a little stiff. It felt like somebody just kind of took a bat and crushed me in the back of the leg."

Blue Jays third baseman Brett Lawrie on Wednesday's injury

It would be tough not to cut Toronto manager John Farrell some slack if he were thinking up dire scenarios for his ball club as he watched Brett Lawrie flip over a railing and disappear into a deep camera well while chasing a foul pop.

It's been that kind of week for the Blue Jays — and they still have three games to play in Boston.

Star slugger Jose Bautista injured his wrist swinging the bat Monday and landed on the disabled list, Lawrie bruised his calf in a scary fall and the Blue Jays lost to the New York Yankees 6-0 on Wednesday in a rain-shortened game that completed a three-game sweep.

"Well, it was a costly series," Farrell said. "Obviously getting swept, first and foremost, and then the injury to Jose in Game 1 and then today with Brett going over the railing.... This was a tough three days here in New York."

Shut out by Hiroki Kuroda in a game called after 6 1/2 innings, the Jays are leaving town two games under .500 (45-47) for the first time this season.

Lawrie slammed his right leg onto an unpadded railing inside a camera well while somersaulting over the cushioned railing separating the deep well from the field next to the Toronto dugout.

"I hit it so flush, and it was just a long fall. I felt like I was in the air for like five seconds," Lawrie said. "From where the cameras sit behind that, it looks like it kind of cuts off right there but it actually goes down like another 3 1/2 feet. So it's like a 5, 5 1/2-foot drop. It sure felt like it."

The 22-year-old third baseman tried standing up but immediately went down after putting weight on his leg.

X-rays were negative and Lawrie hopes to play Friday.

Farrell saw the series as a chance to define the Blue Jays' season. But the Yankees outscored Toronto 18-4 and outhomered their AL East rival 4-1. Toronto never held a lead in losing for the eighth straight time in New York and its bullpen was horrid.

The Yankees relievers finished the series with two saves and a 1.80 ERA. The Jays' pen: 0-1 with a 15.75 ERA.

"It's not what we envisioned," Farrell said. "And yet, I thought we came in here and we played well for the first game and three-quarters. (The Yankees are) a very good team that's probably playing their best baseball of the year over the last month or so."

THE ASSOCIATED PRESS

NHL

No date-rape charge for Kings' Doughty

Prosecutors have declined to file a date-rape charge against Los Angeles Kings star Drew Doughty, citing insufficient evidence.

The Los Angeles County District Attorney's Office issued a report Wednesday concluding there was not enough evidence to prove the case beyond a reasonable doubt.

A woman who accused Doughty of raping her said she had consensual sex with him previously.

She told of drinking with him at a Hermosa Beach bar, then going to his home, where she alleged he assaulted her.

THE ASSOCIATED PRESS

London's Drew Doughty
GETTY IMAGES FILE

NBA

Valanciunas signs with Raptors

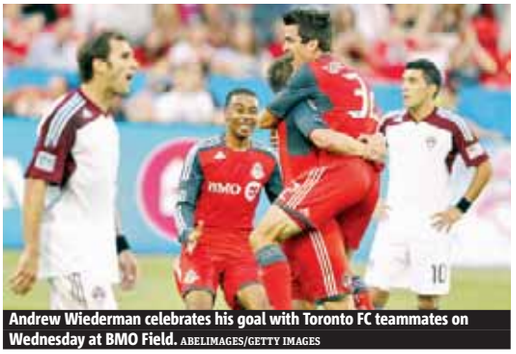
The lengthy process to bring Jonas Valanciunas to Toronto is almost over.

The Raptors announced Wednesday that they have signed the seven-foot centre to a rookie contract.

The Raptors drafted Valanciunas with the fifth-overall pick of the 2011 NBA draft. But they had to wait before they could bring him to the NBA as he had a $2.5-million US buyout with Lietuvos Rytas, a club team in his native Lithuania.

THE CANADIAN PRESS

Rapids swept away as TFC roll continues



Andrew Wiederman celebrates his goal with Toronto FC teammates on Wednesday at BMO Field. ABELIMAGES/GETTY IMAGES

Newly acquired forward Andrew Wiedeman's first MLS goal lifted Toronto FC to a 2-1 win over the Colorado Rapids on Wednesday night.

Fullback Doneil Henry helped make the go-ahead goal in the 68th minute. Beating a defender in the corner, he sent the ball to the box and, after Luis Silva swept it towards goal, Wiedeman poked it in.

The 22-year-old, in just his 10th career MLS game, was making his second appearance as a substitute since coming over to Toronto last Friday in the deal that sent Julian de Guzman to FC Dallas.

By the numbers

3

With recent wins over New England and Vancouver, Toronto FC is now riding its first three-game win streak since April 2008.

Conor Casey scored in the 23rd minute for Colorado (7-12-1). Jamaican international Ryan Johnson, making up for a flubbed penalty in the third minute, replied for Toronto (5-11-4) in the 51st.

Toronto had the early edge but let the Rapids back in to the game. Colorado's wobbly defence eventually buckled, however, and the home side made the Rapids pay.

The Rapids have lost all six games with TFC at BMO Field.

The Toronto win, before 18,225, continued TFC's revival under head coach Paul Mariner despite a brutal schedule. Toronto's record under Mariner is 4-2-4 — after a 1-9 start under former manager Aron Winter — despite playing those 10 games in 32 days, with six of those contests on the road.

THE CANADIAN PRESS

Emilie Heymans dives in the three-metre springboard event at the Canadian Olympic trials in Montreal in May. STEVE RUSSELL/TORSTAR NEWS SERVICE

Heymans plunging towards history

Diving. One more podium finish puts Canadian legend in league of her own

Emilie Heymans could earn a special place in the annals of the Olympic Games this summer in London.

A podium finish in one of her two events would make her the first diver in history to win a medal at four consecutive Olympics.

Her record is already impressive: She has won at least one medal in each of the major multi-sport games — Olympic, Commonwealth and Pan American — since her arrival on the international scene in 1999. In addition to her 15 medals, she won the 2003 world championship in the 10-metre tower and was runner-up in the three-metre springboard at the worlds in 2009.

But Heymans is not the type to dwell on her list of accomplishments. Leave that to her biggest fan, her father Eric Heymans.

"My father is very involved in my career," says the 30-year-old diver. "He manages my sponsorship and media requests. I consult him often and he's the person whose opinion matters most to me."

In fact, Heymans has always relied on the support of both her parents throughout her career. Both were elite athletes in their own time.

Eric Heymans played soccer in Belgium, his home country, and her mother, Marie-Paule Van Eyck, competed in Montreal's 1976 Olympics as a member of the Belgian fencing team.

"We have always considered it a privilege to support her career," said her father.

No matter what happens in London, Heymans has already realized her dream.

"My childhood dream was just to go to the Olympics," says Heymans. "It remained a dream and I didn't think I could achieve it. So to have taken part four times, it's really extraordinary."

After the London Games, Heymans plans to retire from diving to begin another career she believes will be just as exciting. With a degree in fashion marketing, she's working on developing her own line of swimwear.

THE CANADIAN PRESS

Playing hurt just part of Olympic sacrifice

When Canada's Olympic athletes prepare to dig in their oars, power down the track or execute a gravity-defying manoeuvre on the uneven bars, many may start with a silent prayer: "Please, God, don't let me get injured."

Pushing their bodies to the limits of physical endurance, competitors are all too aware they could pull a hamstring, sprain an ankle or worse.

"Injuries are unfortunately an inevitable part of physical performance," concedes Dr. Penny Werthner, a sports psychologist at the University of Ottawa who works with the national canoe-kayak team and diver Emilie Heymans.

And while most athletes gunning for Olympic medals are reluctant to speak about it publicly, many are likely nursing sore muscles and joints and keeping tabs on other not-quite-perfectly healed injuries as they prepare for London.

"I think every athlete who reaches any kind of high-performance role at the world and Olympic level has probably had several serious injuries as a result of hard training, breaking something or pulling muscles," says Werthner.

Kyle Shewfelt is a case in point.

The Calgary gymnast captured the gold medal in floor exercises at the 2004 Olympics, but 11 months before the 2008 Games, he broke both upper tibias after a mistimed landing on the vault at a World Cup event.

Surgery and months of rehab, followed by hard training, allowed Shewfelt to compete at Beijing, though his performance couldn't match pre-injury levels. But even before shattering those shin bones, he was no stranger to serious injury.

In spring 2004, he severely bruised the main bone in his ankle and wasn't able to resume practising his routines until about a month before the Athens Games.

"Advil was my best friend," Shewfelt quips.

"I think many that are competing at the Olympic Games are on a heavy dose of anti-inflammatories. But it's just par for the course."

THE CANADIAN PRESS

Quoted

"When you're a gymnast, you really are dealing with an injury every day. That's kind of the reality of it. There's always something that hurts."

Calgary's Kyle Shewfelt

Basketball. With NBAers in town, largely ignored hoops gets some attention

The question would be almost unimaginable in North America.

"Who's No. 6?" a reporter asked a U.S. official.

Yes, even LeBron James isn't recognized everywhere in Britain, where soccer is king and basketball is an afterthought.

That will change at least briefly in Manchester on Thursday, with James and the U.S. Olympic team bringing it some rare attention with a game against Britain.

It's only an exhibition, so the result doesn't matter. But the event does, to those who want to see basketball gain a place in Britain's sports culture.

"This is a massive opportunity for British basketball to get some oxygen, to breathe life into the sport in this country," said Chris Mitchell, who calls Britain's games for BBC Radio. "Team USA being here is arguably the biggest-ever game this country has hosted." THE ASSOCIATED PRESS

LeBron James THE ASSOCIATED PRESS FILE

Quoted

"They will represent their country, they will cheer on their team and hopefully we can just play well in front of them."

LeBron James on playing in Manchester, England, on Thursday.

Sex in the village. Party time for athletes fuelled by testosterone in London

Sex and the City move over. Here comes Sex in the Village. Make that athletes' village. As in Olympics.

Tales of shenanigans at the living quarters for 10,000 superfit young men and women have always abounded, and London doesn't look as if it will be any different.

U.S. women's soccer star Hope Solo recently dished about serious partying at the Beijing Games, and some newly arrived athletes say they can hardly wait for the fun to begin.

Most will restrain from going too far, aware they're in the international spotlight.

Still, there's no need to be prudish, according to the man overseeing the health of the Brazilian team.

"(Sex) is common at the Olympics. It's necessary. It's natural," Dr. Joao Olyntho Machado Neto said. "If you are going to be healthy people, why not make sex?

"Brazil is very tolerant with sex as a country. We don't have Victorian minds and we're not religious." THE ASSOCIATED PRESS

Quoted

"The Olympics is the height of your career, so you might do some things you don't usually do."

British beach volleyball player Shauna Mullin

Athletes' village

Water runs dry after pipe delays

Parts of the athletes' village at the London Olympics are without water after delays installing pipes.

The café in the village's shopping area was closed for several hours on Wednesday and other "grab-and-go" cafés were also affected.

Organizers expect the issue to be resolved by Thursday.

THE ASSOCIATED PRESS

Security

Border guards vote to strike

The union representing immigration staff at British airports says its members have voted to go on strike in a dispute over pay and job losses.

The vote by the Public and Commercial Services Union raises the possibility of a walkout during the Olympics, although no strike date has been set. THE ASSOCIATED PRESS

Raonic OK with Olympic travel crunch

Tennis. Big server will represent Canada at London Olympics and then Rogers Cup event the following week

Milos Raonic won't mind a travel headache this summer.

The hard-serving 21-year-old will represent Canada at the London Olympics starting later this month, and is also scheduled to take part at the Rogers Cup tournament the following week in Toronto.

A good showing at the Games could mean travel and fatigue issues, but those are problems Raonic would welcome.

"If this is a problem you're faced with, it's a good problem to have," Raonic said Tuesday at a media event in Toronto. "I'm sure that anybody who's able to put themselves in a winning position at the Olympics is going to have a good opportunity to be in a winning position here."

But the 24th-ranked men's player will be in tough on the grass courts at Wimbledon, where the tennis events at the Olympics will be held.

Most of the top players are scheduled to play in the 64-man field, including Roger Federer, Novak Djokovic and 2008 gold medallist Raphael Nadal.

Raonic, who was born in Montenegro but moved to Thornhill, Ont., with his family when he was three, has faced repeated questions since he became the face of Canadian tennis over his long-term commitment to playing for this country.

Other Canadian athletes have jumped ship, but Raonic hopes his Olympic participation will put the issue to rest.

"There really isn't even second thoughts about this decision for me — I play for Canada," he said.

The Olympic tournament runs from July 28 to Aug. 5, while the Rogers Cup main draw starts Aug. 6. Despite the possibility of a quick turnaround following a trans-Atlantic flight, Raonic said he is also looking forward to taking part in his hometown tournament in Toronto. THE CANADIAN PRESS

Quoted

"Since it's such a rare opportunity, I think it just amps up the hype around it quite a bit."

Milos Raonic, who says although it's not as prestigious as one of tennis's four majors, the Olympics are an event players mark on their calendars.

Milos Raonic in action against Sam Querrey June 28 at the Wimbledon Championships in London. DAN KITWOOD/GETTY IMAGES

East Division rivals clash in Toronto

Winnipeg Blue Bomber Jonathan Hefney, back, causes Toronto Argonaut Chad Owens to fumble the ball after a reception during a CFL matchup at Rogers Centre on Wednesday. For the story, go to metronews.ca/sports. RICK MADONIK/TORSTAR NEWS SERVICE

Joffrey Reynolds

Former Stamps RB to be released from custody

An immigration adjudicator has ruled that a former star player with the CFL Calgary Stampeders can be released from custody.

The adjudicator said Joffrey Reynolds does not pose a flight risk, but must abide by certain terms and conditions. He has to give a permanent address and must advise immigration officials within 48 hours if he moves. He must also report to authorities so they can keep tabs on him.

Reynolds told the adjudicator at a hearing Wednesday that Calgary offers him a greater opportunity to be productive.

He was arrested Saturday in an alleged break-and-enter and domestic assault against a former girlfriend.

Reynolds played eight years for the Stampeders and was the team's all-time leading rusher with 9,213 rushing yards. He's a four-time CFL all-star and was a key player in Calgary's 2008 Grey Cup win. CHQR/CTV CALGARY

Collective bargaining.

NHLPA 'looking hard at' NHL's initial proposal

The NHL and the NHL Players' Association resumed labour talks at the league offices in New York on Wednesday.

The two sides held a cordial meeting for more than two hours in another round of negotiations for a new collective bargaining agreement before the current one expires on Sept. 15.

Executive director Donald Fehr said the NHLPA has not yet decided to make a counteroffer to the league's initial proposal last week.

"We requested further information," Fehr said. "The initial proposal we are looking hard at.

There were multiple reports coming out of the last round of talks that the owners' offer included players' hockey-related revenues get slashed from 57 per cent to 46 per cent. THE ASSOCIATED PRESS

NBA.

Lin sad to leave New York but impressed with Houston's direction

Jeremy Lin loves New York. He wanted to stay.

Even so, it was more important to him to be on the court as a starting point guard, and he's convinced the Houston Rockets will put him there.

"They made a very compelling pitch in terms of what I could bring to the team and for the city," Lin said in a statement released through the team Wednesday, less than 24 hours after the Knicks decided not to match Houston's bold three-year, $25-million US offer sheet. "I am also impressed with (Houston owner Leslie) Alexander and the management's commitment to improving the team." THE ASSOCIATED PRESS

Jeremy Lin THE ASSOCIATED PRESS

NHL.

Sabres lock up Grigorenko with a 3-year, entry-level contract

The Sabres signed their top draft choice on Wednesday, forward Mikhail Grigorenko, to a three-year, entry-level contract.

Grigorenko was selected No. 12 overall, and was the third-ranked North American skater and top North American centre on NHL Central Scouting's final rankings. A native of Khabarovsk, Russia, Grigorenko is Buffalo's highest forward selection since Thomas Vanek was the No. 5 overall choice in 2003.

Quoted

"Now, I can really feel that I am 100 per cent a part of this organization."

Mikhail Grigorenko

In 2011-12, Grigorenko had 40 goals and 85 points in his first Quebec Major Junior Hockey League season. THE ASSOCIATED PRESS

MLB

AMERICAN LEAGUE

EAST DIVISION	W	L	Pct	GB
New York	57	34	.626	—
Tampa Bay	47	44	.516	10
Baltimore	46	44	.511	10½
Boston	46	45	.505	11
Toronto	45	47	.489	12½

CENTRAL DIVISION	W	L	Pct	GB
Chicago	50	40	.556	—
Detroit	47	44	.516	3½
Cleveland	46	44	.511	4
Kansas City	38	51	.427	11½
Minnesota	38	52	.422	12

WEST DIVISION	W	L	Pct	GB
Texas	55	36	.604	—
Los Angeles	50	41	.549	5
Oakland	47	44	.516	8
Seattle	39	53	.424	16½

Wednesday's results
N.Y. Yankees 6, Toronto 0, 7 innings
Oakland 4, Texas 3
L.A. Angels at Detroit
Chicago White Sox at Boston
Cleveland at Tampa Bay
Baltimore at Minnesota
Seattle at Kansas City
Tuesday's results
L.A. Angels 13, Detroit 0
N.Y. Yankees 6, Toronto 1
Chicago White Sox 7, Boston 5
Tampa Bay 4, Cleveland 2
Minnesota 6, Baltimore 4
Seattle 9, Kansas City 6
Texas 6, Oakland 1
Thursday's games
All Times Eastern
Cleveland (Jimenez 8-8) at Tampa Bay (Price 12-4), 12:10 p.m.
L.A. Angels (Williams 6-6) at Detroit (Scherzer 8-5), 1:05 p.m.
Baltimore (W.Chen 7-5) at Minnesota (De Vries 2-2), 1:10 p.m.
Seattle (F.Hernandez 7-5) at Kansas City (Hochevar 6-8), 2:10 p.m.
Chicago White Sox (Quintana 4-1) at Boston (Buchholz 8-3), 7:10 p.m.
N.Y. Yankees (F.Garcia 4-2) at Oakland (Griffin 1-0), 10:05 p.m.
Friday's games
Baltimore at Cleveland, 7:05 p.m.
Chicago White Sox at Detroit, 7:05 p.m.
Seattle at Tampa Bay, 7:10 p.m.
Toronto at Boston, 7:10 p.m.
Minnesota at Kansas City, 8:10 p.m.
N.Y. Yankees at Oakland, 10:05 p.m.
Texas at L.A. Angels, 10:05 p.m.

YANKEES 6, JAYS 0 (6 1/2 INN.)

Toronto	ab	r	h	bi	New York	ab	r	h	bi
Gose rf	3	0	0	0	Jeter dh	3	1	2	0
Lawrie 3b	2	0	0	0	Swisher rf	4	1	1	1
YEscor ss	1	0	1	0	Teixeir 1b	3	1	2	2
Rasms cf	3	0	0	0	AlRdrg 3b	3	0	0	0
Encrnc 1b	3	0	0	0	Cano 2b	3	1	1	0
Lind dh	3	0	0	0	AnJons lf	3	0	1	1
Arencii c	3	0	2	0	J.Nix ss	3	2	2	0
KJhnsn 2b	2	0	1	0	RMartn c	2	0	1	0
RDavis lf	3	0	0	0	Wise cf	3	0	2	2
Vizquel ss-3b	3	0	0	0					
Totals	**26**	**0**	**4**	**0**	**Totals**	**27**	**6**	**12**	**6**

Toronto	000	000	0—0
New York	400	101	0—6

NATIONAL LEAGUE

EAST DIVISION	W	L	Pct	GB
Washington	52	36	.591	—
Atlanta	49	40	.551	3½
New York	46	44	.511	7
Miami	44	46	.489	9
Philadelphia	41	52	.441	13½

CENTRAL DIVISION	W	L	Pct	GB
Cincinnati	51	39	.567	—
Pittsburgh	51	40	.560	½
St. Louis	47	45	.511	5
Milwaukee	44	47	.484	7½
Chicago	36	53	.404	14½
Houston	34	58	.370	18

WEST DIVISION	W	L	Pct	GB
San Francisco	50	40	.556	—
Los Angeles	49	44	.527	2½
Arizona	43	47	.478	7
San Diego	38	55	.409	13½
Colorado	35	56	.385	15½

Wednesday's results
Milwaukee 4, St. Louis 3
L.A. Dodgers 5, Philadelphia 3, 12 innings
Pittsburgh 9, Colorado 6
San Diego 8, Houston 4
N.Y. Mets at Washington
Arizona at Cincinnati
San Francisco at Atlanta
Miami at Chicago Cubs
Tuesday's results
Washington 5, N.Y. Mets 4, 10 innings
Cincinnati 4, Arizona 0
San Francisco 9, Atlanta 0
Miami 9, Chicago Cubs 5
Milwaukee 3, St. Louis 2
Pittsburgh 6, Colorado 2
San Diego 8, Houston 2
Philadelphia 3, L.A. Dodgers 2
Thursday's games
All Times Eastern
San Francisco (Bumgarner 11-5) at Atlanta (T.Hudson 7-4), 12:10 p.m.
Arizona (J.Saunders 4-6) at Cincinnati (Leake 3-6), 12:35 p.m.
N.Y. Mets (Dickey 12-1) at Washington (G.Gonzalez 12-4), 12:35 p.m.
Miami (Buehrle 9-8) at Chicago Cubs (Maholm 7-6), 2:20 p.m.
Houston (Harrell 7-6) at San Diego (Volquez 5-7), 10:05 p.m.
Friday's games
Atlanta at Washington, 7:05 p.m.
Miami at Pittsburgh, 7:05 p.m.
San Francisco at Philadelphia, 7:05 p.m.
L.A. Dodgers at N.Y. Mets, 7:10 p.m.
Milwaukee at Cincinnati, 7:10 p.m.
Chicago Cubs at St. Louis, 8:15 p.m.
Houston at Arizona, 9:40 p.m.
Colorado at San Diego, 10:05 p.m.

E—Al.Rodriguez (6). DP—Toronto 2. LOB—Toronto 6, New York 5. 2B—Arencibia (14), Jeter (19), Cano (28), J.Nix (6), Wise (3). HR—Teixeira (19). CS—J.Nix (3).

	IP	H	R	ER	BB	SO
Toronto						
R.Romero L,8-6	6	12	6	6	2	2
Beck	0	0	0	0	0	0
New York						
Kuroda W,9-7	7	4	0	0	0	5

HBP—by Kuroda (K.Johnson).
Umpires—Home, Marvin Hudson; First, Brian Runge; Second, Tim McClelland; Third, Ted Barrett.
T—2:12 (Rain delay: 0:58). A—45,986 (50,291).

TRANSACTIONS

MLB

COMMISSIONER'S OFFICE — Suspended Chicago Cub minor league RHP's Juancito De La Cruz and Antonio Encarnacion 50 games after testing positive for metabolites of Stanozolol.

AMERICAN LEAGUE

BALTIMORE ORIOLES — Recalled RHP Tommy Hunter from Norfolk (IL). Designated RHP Brad Bergesen for assignment.
BOSTON RED SOX — Placed DH David Ortiz on the 15-day DL, retroactive to July 17. Recalled INF Mauro Gomez from Pawtucket (IL).
CHICAGO WHITE SOX — Recalled LHP Pedro Hernandez from Charlotte (IL). Optioned RHP Jhan Marinez to Charlotte.
DETROIT TIGERS — Recalled RHP Jacob Turner from Toledo (IL). Optioned RHP Luis Marte to Toledo.
KANSAS CITY ROYALS — Optioned LHP Ryan Verdugo to Omaha (PCL). Recalled LHP Francisley Bueno from Omaha.
MINNESOTA TWINS — Recalled RHP Nick Blackburn from Rochester (IL).
NEW YORK YANKEES — Recalled RHP David Phelps from Scranton/Wilkes-Barre (IL). Optioned RHP D.J. Mitchell to Scranton/Wilkes-Barre.
SEATTLE MARINERS — Placed LHP Charlie Furbush on the 15-day DL. Recalled RHP Steve Delabar from Tacoma (PCL).
TEXAS RANGERS — Reinstated RHP Colby Lewis from the 15-day DL. Optioned LHP Martin Perez to Round Rock (PCL).
TORONTO BLUE JAYS — Transferred RHP Brandon Morrow to the 60-day DL.

NATIONAL LEAGUE

ARIZONA DIAMONDBACKS — Recalled RHP Jonathan Albaladejo from Reno (PCL). Optioned RHP Trevor Bauer to Reno.
CINCINNATI REDS — Optioned RHP Todd Redmond to Louisville (IL). Selected the contract of OF Xavier Paul from Louisville.
COLORADO ROCKIES — Agreed to terms with RHP Michael Solbach on a minor league contract.
HOUSTON ASTROS — Agreed to terms with OF Preston Tucker on a minor league contract.
LOS ANGELES DODGERS — Reinstated RHP Javy Guerra from the bereavement list. Optioned RHP Stephen Fife to Albuquerque (PCL).
MIAMI MARLINS — Optioned RHP Ryan Webb to New Orleans (PCL).
PHILADELPHIA PHILLIES — Optioned RHP Justin De Fratus to Lehigh Valley (IL).
SAN FRANCISCO GIANTS — Placed C Hector Sanchez on the 15-day DL. Recalled C Eli Whiteside from Fresno (PCL).

NBA

BOSTON CELTICS — Signed G Jason Terry.
DENVER NUGGETS — Waived C Chris Andersen.
PORTLAND TRAIL BLAZERS — Matched Minnesota's four-year offer sheet for G-F Nicolas Batum.
TORONTO RAPTORS — Signed C Jonas Valanciunas to a two-year contract.

NFL

NFL — Suspended Carolina DT Andre Neblett four games for violating the league's policy on performance enhancing substances.
WASHINGTON REDSKINS — Signed QB Robert Griffin III to a four-year contract and G Josh LeRibeus.

NHL

BOSTON BRUINS — Signed D Aaron Johnson to a one-year, two-way contract.
BUFFALO SABRES — Signed F Mikhail Grigorenko to a three-year, entry-level contract.
DETROIT RED WINGS — Agreed to terms with D Kyle Quincey on a two-year contract.
NEW YORK ISLANDERS — Named Scott Pellerin coach of Bridgeport (AHL). Agreed to terms with D Ty Wishart on a one-year, two-way deal.
OTTAWA SENATORS — Re-signed F Jim O'Brien to a two-year contract. Signed D Eric Gryba to a two-year, two-way contract.
PHOENIX COYOTES — Agreed to terms with D Chris Summers on a one-year contract.
TAMPA BAY LIGHTNING — Named Rob Zettler assistant coach of Syracuse (AHL).

AHL

SAN ANTONIO RAMPAGE — Agreed to terms with coach Chuck Weber and assistant coach Jason Cipolla.

ECHL

GWINNETT GLADIATORS — Agreed to terms with F Rylan Galiardi and F John Scrymgeour.

LACROSSE

EDMONTON RUSH — Signed general manager and coach Derek Keenan to a one-year contract.

CYCLING

TOUR DE FRANCE

At Bagneres-de-Luchon, France
Wednesday's results
16TH STAGE
1. Thomas Voeckler, France, Team Europcar, 5 hours, 35 minutes, 2 seconds; 2. Chris Anker Sorensen, Denmark, Team Saxo Bank-Tinkoff Bank, 1 minute, 40 seconds behind; 3. Gorka Izaguirre, Spain, Euskaltel-Euskadi, 3:22; 4. Alexander Vinokourov, Kazakhstan, Astana, same time; 5. Brice Feillu, France, Saur-Sojasun, 3:58; 6. Jens Voigt, Germany, RadioShack-Nissan, 4:18; 7. Daniel Martin, Ireland, Garmin-Sharp-Barracuda, 6:08; 8. Simone Stortoni, Italy, Lampre-ISD, same time; 9. Giampaolo Caruso, Italy, Katusha, same time; 10. Laurens ten Dam, Netherlands, Rabobank, 6:11.
Overall Standings
(After 16 stages)
1. Bradley Wiggins, Britain, Sky Procycling, 74 hours, 15 minutes, 32 seconds; 2. Chris Froome, Britain, Sky Procycling, 2:05; 3. Vincenzo Nibali, Italy, Liquigas-Cannondale, 2:23; 4. Jurgen Van den Broeck, Belgium, Lotto Belisol, 5:46; 5. Haimar Zubeldia, Spain, RadioShack-Nissan, 7:13; 6. Tejay Van Garderen, United States, BMC Racing, 7:55; 7. Cadel Evans, Australia, BMC Racing, 8:06; 8. Janez Brajkovic, Slovenia, Astana, 9:09; 9. Pierre Rolland, France, Team Europcar, 10:10; 10. Thibaut Pinot, France, FDJ-Big Mat, 11:43.

TENNIS

ATP WORLD TOUR BET-AT-HOME

At Hamburg, Germany
Singles
Albert Ramos, Spain, def. Lukas Rosol, Czech Republic, 7-6 (8), 4-6, 6-3.
Tommy Haas, Germany, def. Gilles Simon (2), France, 4-6, 6-3, 6-4.
Florian Mayer (7), Germany, def. Robin Haase, Netherlands, 6-2, 6-1.
Marin Cilic (4), Croatia, def. Federico Delbonis, Argentina, 6-3, 6-2.

SWISS OPEN

At Gtaad, Switzerland
Singles
First Round
Santiago Giraldo (7), Colombia, def. Henri Laaksonen, Switzerland, 6-2, 6-2.
Second Round
Feliciano Lopez (5), Spain, def. Jan Hajek, Czech Republic, 6-7 (3), 6-1, 6-4.
Thomaz Bellucci, Brazil, def. Mikhail Youzhny (4), Russia, 4-6, 6-2, 6-4.
Ernests Gulbis, Latvia, def. Benoit Paire, France, 5-7, 7-6 (3), 6-4.
Paul-Henri Mathieu, France, def. Stanislas Wawrinka (3), Switzerland, 7-6 (3), 7-6 (8).
Doubles
Marcel Granollers and Marc Lopez (1), Spain, def. Blaz Kavcic, Slovenia, and Igor Zelenay, Slovakia, 6-3, 6-3.
Robert Farah and Santiago Giraldo, Colombia, def. Johan Brunstrom, Sweden, and Dick Norman, Belgium, 4-6, 6-4, 10-8 tiebreak.
Quarterfinals
Thomaz Bellucci, Brazil, and Michael Kohlmann, Germany, def. Paul Hanley, Australia, and Julian Knowle (3), Austria, 1-6, 6-3, 10-5 tiebreak.
Ivan Dodig, Croatia, and Marcelo Melo (2), Brazil, def. Sergiy Stakhovsky, Ukraine, and Mikhail Youzhny, Russia, 6-3, 6-3.

WTA SONY SWEDISH OPEN

At Bastad, Sweden
Singles
First Round
Mathilde Johansson, France, def. Jill Craybas, United States, 6-4, 6-1.
Johanna Larsson, Sweden, def. Olga Govortsova, Belarus, 7-6 (6), 4-3, retired.
Second Round
Anastasia Pavlyuchenkova (5), Russia, def. Silvia Soler-Espinosa, Spain, 6-4, 6-0.
Mona Barthel (7), Germany, def. Kateryna Bondarenko, Ukraine, 6-2, 7-5.
Polona Hercog, Slovenia, def. Julia Goerges (2), Germany, 7-6 (4), 6-2.
Tsvetana Pironkova, Bulgaria, def. Lesia Tsurenko, Ukraine, 7-5, 6-3.
Doubles
First Round
Akgul Amanmuradova, Uzbekistan, and Kateryna Bondarenko, Ukraine, def. Lourdes Dom?nguez Lino and Anabel Medina Garrigues (4), Spain, walkover.
Quarterfinals
Sandra Klemenschits, Austria, and Tatjana Malek, Germany, def. Valeria Solovieva, Russia, and Anna Tatishvili, Georgia, 6-3, 5-7, 10-5 tiebreak.
Catalina Castano and Mariana Duque-Marino, Colombia, def. Olga Govortsova, Belarus, and Klaudia Jans-Ignacik (2), Poland, walkover.

WTA MERCURY INSURANCE OPEN

At Carlsbad, Calif.
Singles
Second Round
Chan Yung-jan, Taiwan, def. Heather Watson, Britain, 6-3, 7-6 (2).
Varvara Lepchenko, United States, def. Chanelle Scheepers (8), South Africa, 6-4, 6-2.

GOLF

WEEKEND GLANCE

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Site: Lytham, England.
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Television: ESPN (Thursday-Friday, 5 a.m.-6 p.m., 7-10 p.m.; Saturday, 7 a.m.-2:30 p.m., 7-10 p.m.; Sunday, 6 a.m.-1:30 p.m.), ESPN2 (Saturday, 4-7 a.m., Sunday, 9 p.m.-midnight) and ABC (Saturday-Sunday, 3-6 p.m.).
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Television: Golf Channel (Thursday, 3-6 p.m.; Friday-Sunday, midnight-3 a.m., 3-6 p.m.; Monday, midnight-3 a.m.).
Online: www.pgatour.com

CFL

EAST DIVISION	GP	W	L	T	PF	PA	Pt
Montreal	3	2	1	0	84	100	4
Hamilton	3	1	2	0	88	109	2
Toronto	3	1	2	0	81	91	2
Winnipeg	3	0	3	0	56	116	0

WEST DIVISION	GP	W	L	T	PF	PA	Pt
Saskatchewan	3	3	0	0	83	37	6
B.C.	3	2	1	0	92	75	4
Edmonton	3	2	1	0	62	42	4
Calgary	3	1	2	0	106	82	2

WEEK FOUR
Wednesday's result
Winnipeg at Toronto
Thursday's game
All Times Eastern
Saskatchewan at Calgary, 9 p.m.
Friday's game
Edmonton at B.C., 10 p.m.
Saturday's game
Montreal at Hamilton, 7 p.m.

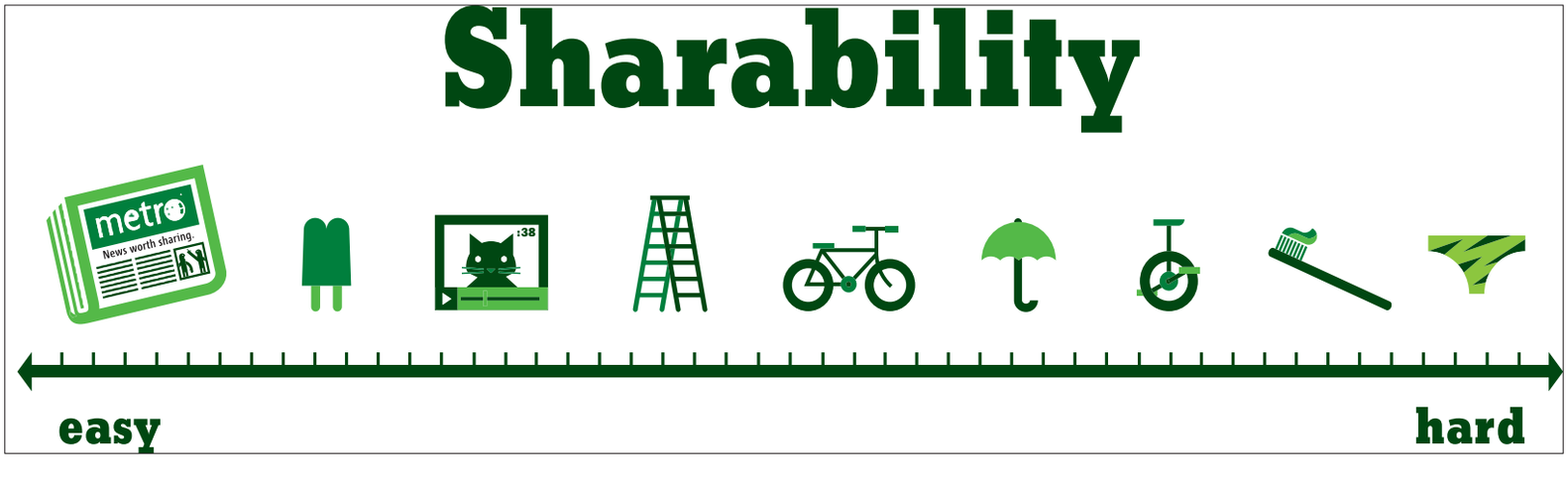
SOCCER

MLS

Wednesday's results
Toronto 2 Colorado 1
New York 1, Chicago 0
Chivas USA 1, Portland 0
New England at Montreal
Sporting Kansas City at Houston
Los Angeles at Vancouver
FC Dallas at San Jose
Saturday's games
All Times Eastern
Philadelphia at New York, 2:30 p.m.
D.C. United at Columbus, 7:30 p.m.
Montreal at Houston, 8:30 p.m.
New England at Sporting Kansas City, 8:30 p.m.
Portland at FC Dallas, 9 p.m.
Chivas USA at Los Angeles, 10 p.m.
Colorado at Real Salt Lake, 10 p.m.

NASL

Wednesday's result
Fort Lauderdale at Minnesota



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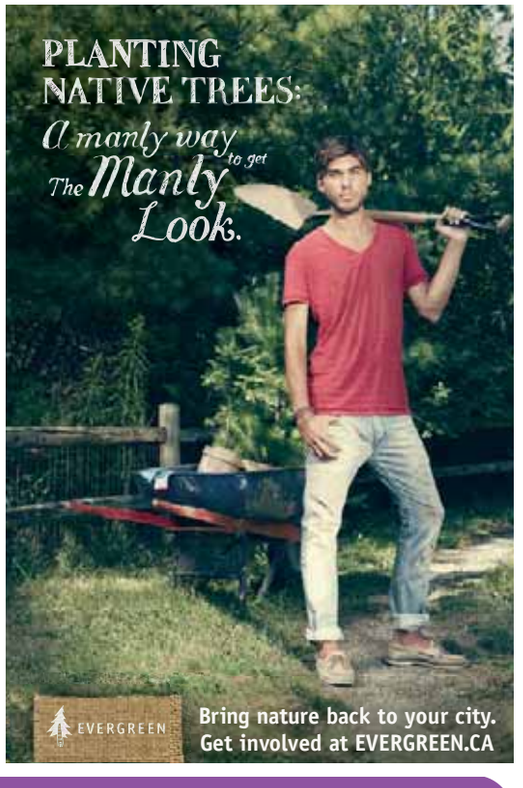
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Horoscopes

♈ Aries
March 21 - April 20
Usually criticism goes right over your head but today it won't be so easy to ignore what others say. Could it be because you know it is true? Maybe you can learn from what they have to tell you.

♉ Taurus
April 21 - May 21
No matter how many important things you have to take care of, you must make time for social activities. Being with fun-loving people will make you feel good too. All work and no play is not a recipe for happiness.

♊ Gemini
May 22 - June 21
The more sacrifices you make in one area today, the more you will gain in other areas. Financially, this is one of the best times of the year to replace the old with the new, so be ready to make changes.

♋ Cancer
June 22 - July 23
A new moon in your sign means you should be making big plans, the kind of plans that get other people talking. If you have a clear goal and always think positive you cannot fail. So what are you waiting for?

♌ Leo
July 24 - Aug. 23
Spend some time by yourself today so you can think about recent events and make sense of what's been happening in your life. Invest in a pair of really good ear plugs and shut yourself off from the world.

♍ Virgo
Aug. 24 - Sept. 23
Self-confidence is essential if you want to make progress, so don't waste time questioning your motives or your methods. Just get on with what you are doing.

♎ Libra
Sept. 24 - Oct. 23
The decisions you make over the next 24 hours will affect your career aims for a long time to come. Make sure you know what it is you want then make the effort to go out and get it. All things are possible.

♏ Scorpio
Oct. 24 - Nov. 22
Today's new moon will do wonders for your self-belief and make it easier for you to take the kind of risks that make good things happen. You will be extremely adventurous over the next 24 hours.

♐ Sagittarius
Nov. 23 - Dec. 21
Do you continue with a business deal that you are increasingly unsure of or do you give up on it? Don't feel you have to carry on just because other people want you to. It's your life and your choice.

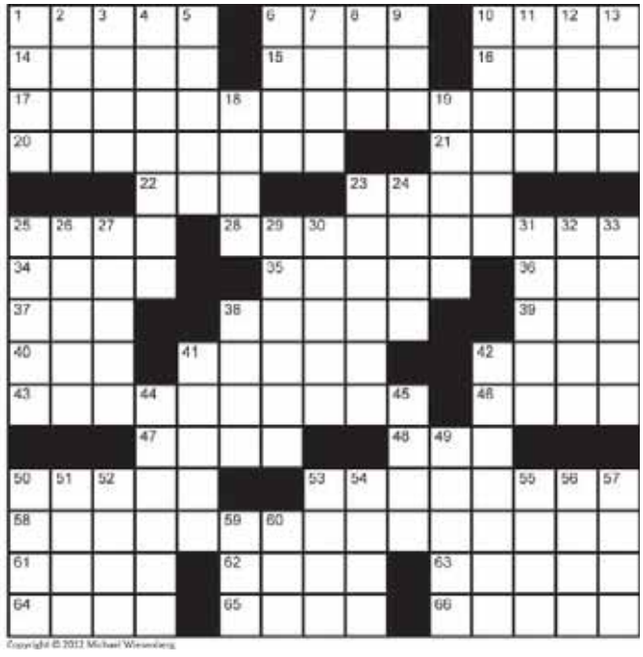
♑ Capricorn
Dec. 22 - Jan. 20
A new moon in your opposite sign of Cancer means a new start is possible for a relationship that has been fading a bit. But don't leave it up to the other person to make the first move.

♒ Aquarius
Jan. 21 - Feb 19
Today's new moon will be good for your health. If you've been thinking about a new fitness regime, now is the time to do something about it. Don't plan far ahead. Take it one gym session at a time.

♓ Pisces
Feb. 20 - March 20
You will be inspired to try something new and exciting over the next 24 hours and chances are you'll like it so much it will become a central part of your life. New things are fun. SALLY BROMPTON

Crossword: Canadian Geography

BY MICHAEL WIESENBERG



Across
1. Emulate a volcano
6. Bay of Fundy fishing village ("Home of the Highest Tides in the World")
10. Imperfection
14. Glass: Fr.
15. Marshy wasteland
16. Jai follower
17. Cape Columbia, located here, is Canada's northernmost land point
20. In Monashee Mtns., BC's West Kootenay region, it's known as the Golden City
21. Ghostly
22. Hearer
23. Former satellites
25. Lady of pop
28. 4 out of 5 of these are partly in Canada
34. Bypass
35. One at ___
36. Preceding
37. ___ vivant
38. Small rural municipality 100 km SW of Toronto
39. Valiant's oldest
40. Country N. of Slovenia
41. "Understand now?"
42. Loonies
43. AB town, region known for dinosaur fossils
46. Badly behaved
47. "___ Dooby": Orbison's first hit
48. Center start
50. Arise
53. Body of water in central Burnaby, BC
58. 2d-highest peak in both Canada and US, on Yukon-Alaska border
61. Once, once
62. Employed
63. Rides for VIPs
64. Loch ___
65. Art Spiegelman won a Pulitzer for this
66. Cowboy's rope

Down
1. Any time
2. Move: real estate jargon
3. Trendy addresses
4. Make formal dinner arrangements
5. Hot electric car
6. Prayer finish
7. Prayer start
8. Larry and Curly's brother
9. Onassis, by nickname
10. 1983 Nobel Peace Prize winner
11. Banned fruit treatment
12. Indian princess
13. All alternative
18. Actress Helgenberger of *CSI*
19. *Comune* in Brescia, Lombardy, Italy, bordered by Nuvolento, Caino, Botticino
23. SK folk musician Buffy ___-Marie
24. Bank printout: abbr.
25. Curdle, as milk
26. Love: Fr.
27. Knife pitched in infomercials
29. Seldom
30. Online selling
31. Canadian star Reeves
32. Flubbed
33. Sixth ___
38. BBC nickname, with "the"
41. Hamilton, ON-born *SNL* alumnus Martin
42. S-Central ON city between Lakes Couchiching and Simcoe
44. Canada's Logan and Lucania
45. "___ Petite": Jackie Wilson hit
49. Alberto VO5 rival
50. Sign
51. Apple piece
52. Say "!@#$%"
53. 7-Down, in parts of Canada
54. Stops
55. Points a gun
56. *Get Smart* villains
57. ExxonMobil's brand in Canada
59. Total
60. Deep ___ well

Yesterday's crossword

What's online

See today's answers at metronews.ca/answers.

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

6			1		8			
3	4						6	2
	9			3		8		
	8		6	2				3
		7				6		
5				8	1		2	
		9		5			4	
7	2						9	5
			9		2			1

Yesterday's Sudoku

3	1	4	9	8	7	6	2	5
5	7	6	4	2	1	8	9	3
9	8	2	6	5	3	7	4	1
7	6	8	5	4	2	1	3	9
1	9	5	3	7	6	2	8	4
2	4	3	1	9	8	5	7	6
4	2	1	8	6	9	3	5	7
8	3	9	7	1	5	4	6	2
6	5	7	2	3	4	9	1	8

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The Weather Network HD
TWN incorporates MSC data

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